

2001 Madison County
BreastCare BRFSS Survey



Coordinated by:

Madison County

and

Arkansas Department of Health
Center for Health Statistics

2001 Madison County BRFSS “Adult Risk Factor Survey”

April, 2002

Table of Contents

Introduction to Hometown Health Improvement and the BRFSS	2
Risk Factors	5
Women's Health and Risk Factors	24
Fulton County, Arkansas, and United States BRFSS Data Compared	31
Appendix	35

An Introduction: Madison County 2001 BRFSS

What Is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of strategies designed and sustained locally. As part of this initiative, Madison County conducted the Behavioral Risk Factor Surveillance System (BRFSS) survey.

What Is the BRFSS?¹

In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System. This state-based survey, the first of its kind, collected, analyzed and published information on the prevalence of risk behaviors among Americans and their perceptions of a variety of health issues.

Now conducted in all 50 states, the BRFSS continues to be the primary source of information on major health risk behaviors among Americans. State and local health departments rely heavily on BRFSS data to:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary and professional organizations, and managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century, China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

BRFSS data can be analyzed by a variety of demographic variables, including age, education, income, and racial and ethnic background. The ability to determine populations at highest risk is essential in effectively targeting scarce prevention resources.

¹ From the Centers for Disease Control and Prevention, About the BRFSS. <http://www.cdc.gov/nccdphp/brfss/about.htm>
Atlanta, Georgia.

Why Did Madison County Conduct the BRFSS?

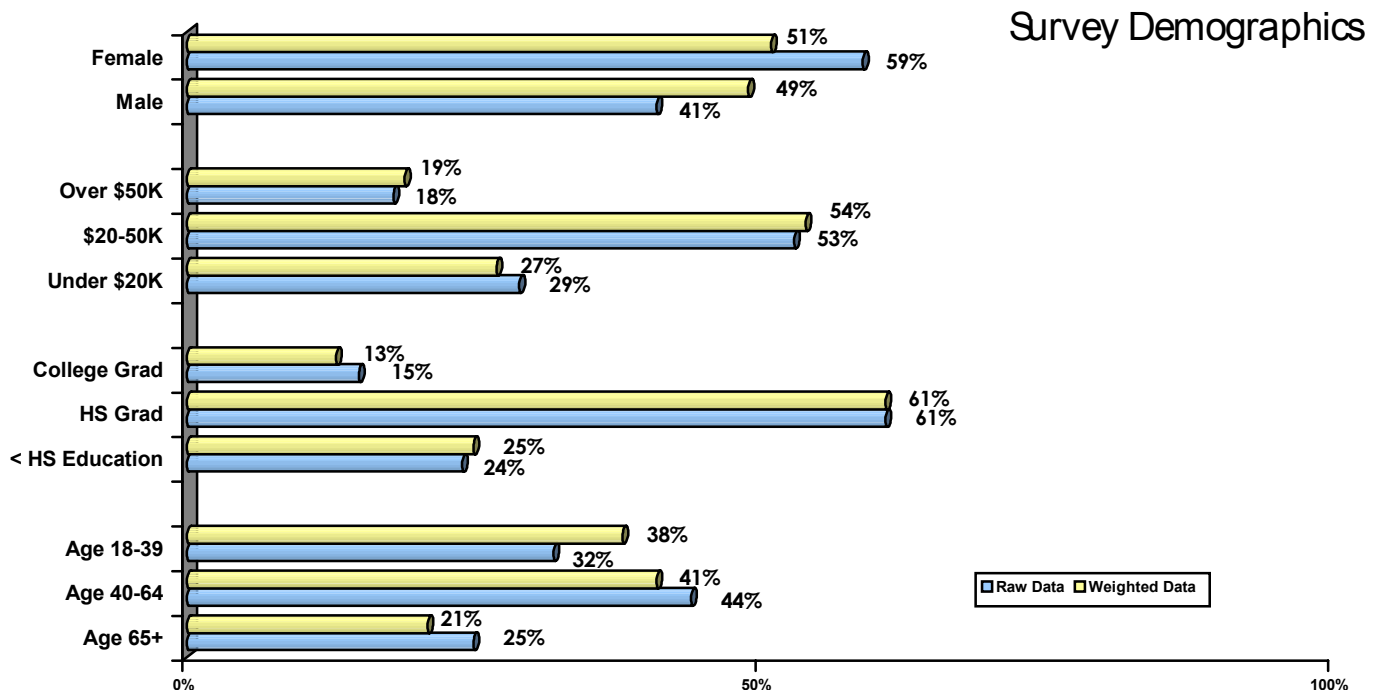
As the demand for data at a local level has increased, state, county, and local health agencies have begun using the BRFSS to develop county and local information about health risk behaviors. The Madison County BRFSS was conducted to gather health information on a variety of behaviors that can impact health in both good and bad ways, including smoking, exercise, diet, access to medical care, dental health, quality of life, chronic diseases, cancer screening, and other health related issues.

How Did Madison County Conduct the BRFSS?

During October and November 2001, 801 randomly selected adults answered the Madison County BRFSS telephone survey. Interviews were conducted and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government. The data were then weighted to be representative of the sex and age distribution of Madison County. All percentages presented in this report are rounded to the nearest whole percent.

Who Participated in the Madison County BRFSS?

Of the 801 people who were interviewed, 326 were men and 475 were women, and 780 were white, 1 were black, and 7 were Hispanic. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. All other data presented in the report is based on the **weighted** data.



For More Information about the Madison County BRFSS

Interested parties may request additional information. Researchers and professionals wanting to build upon Madison County's 2001 BRFSS data may request additional data from:

Madison County
Nancy Marsh, Hometown Health Team Leader
Madison County Health Department
709 College
Huntsville, AR 72740
870-738-2612
nmarsh@healthyarkansas.com

For more information about the Behavioral Risk Factor Surveillance System or analysis of the survey data, please contact:

Arkansas Center for Health Statistics
Tara Clark-Hendrix, Lead Programmer Analyst
4815 W. Markham Street, Slot 19
Little Rock, AR 72205
501-661-2194
tlclark@healthyarkansas.com

Risk Factors

Health Status

The survey asked respondents to rate their general, physical, and mental health status.

General Health

Risk Factor Definition: General Health

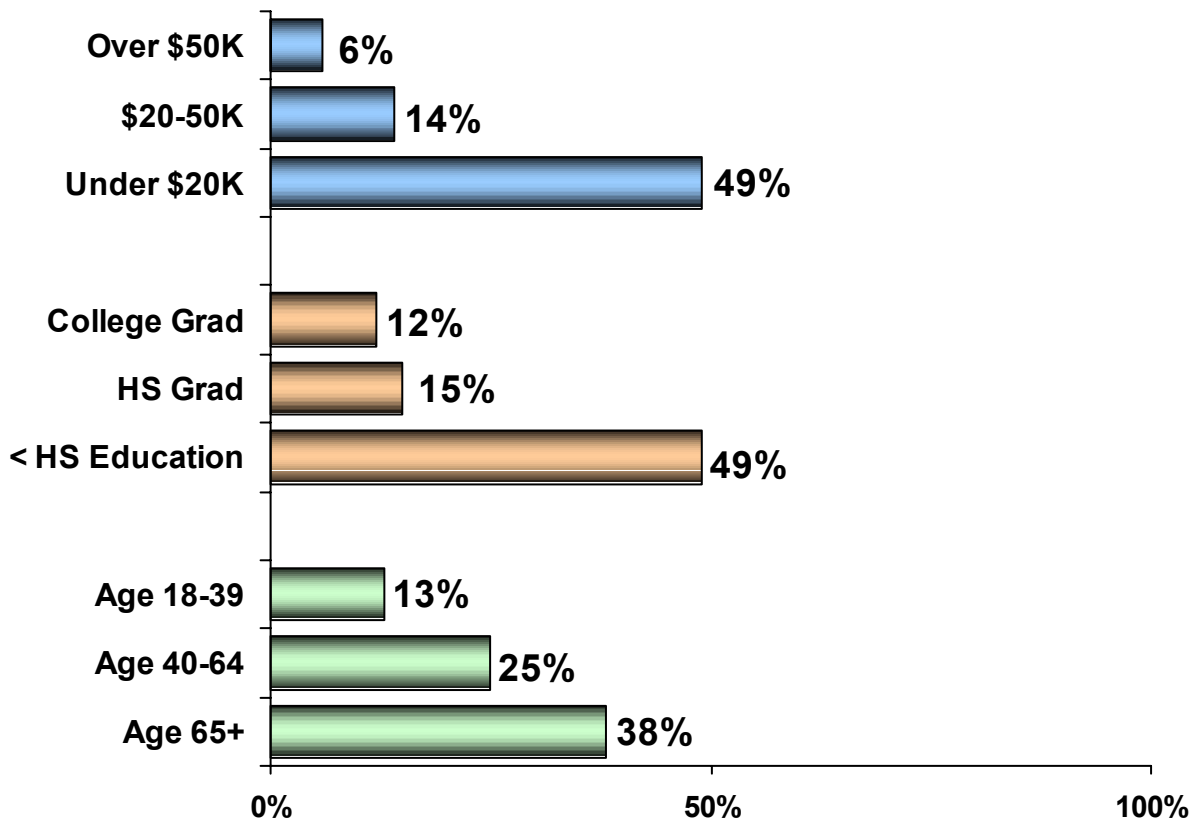
Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

At Risk: Those who answered “fair” or “poor” are considered at risk.

Who's At Risk in Madison County?

twenty-three percent characterized their general health as fair or poor. Younger people and people with more income or education tended to report better general health.

Reported General Health as Fair or Poor



Physical Health

Risk Factor Definition: Physical Health

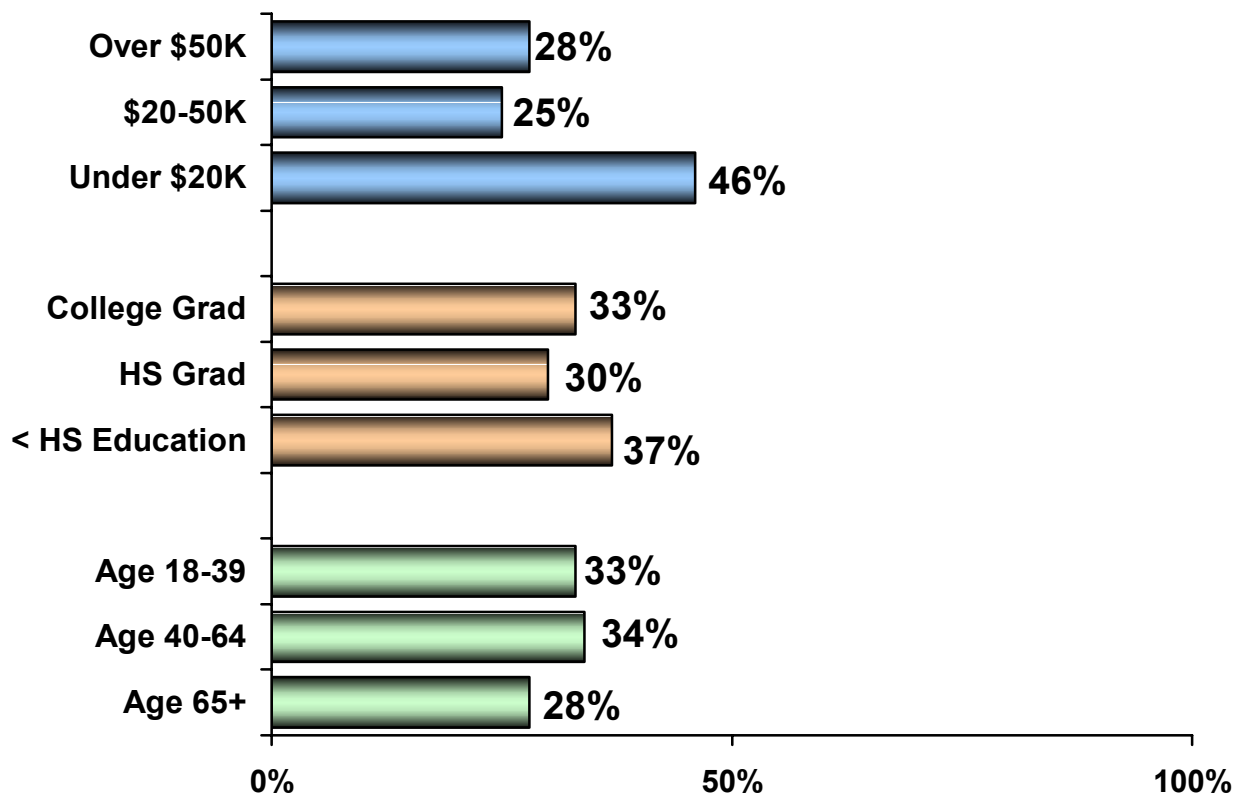
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of “not good” physical health.

Who's At Risk in Madison County?

thirty-two percent of Madison County adults had at least one day a month of poor physical health. According to the survey, the average Madison County adult had 4.18892573 days of bad health and 5.79433564 days each month when health problems interfered with usual activities. Older people and people with less income were more likely to be affected by poor health.

Reported Physical Health Not Good One or More of the Past 30 Days



Mental Health

Risk Factor Definition: Mental Health

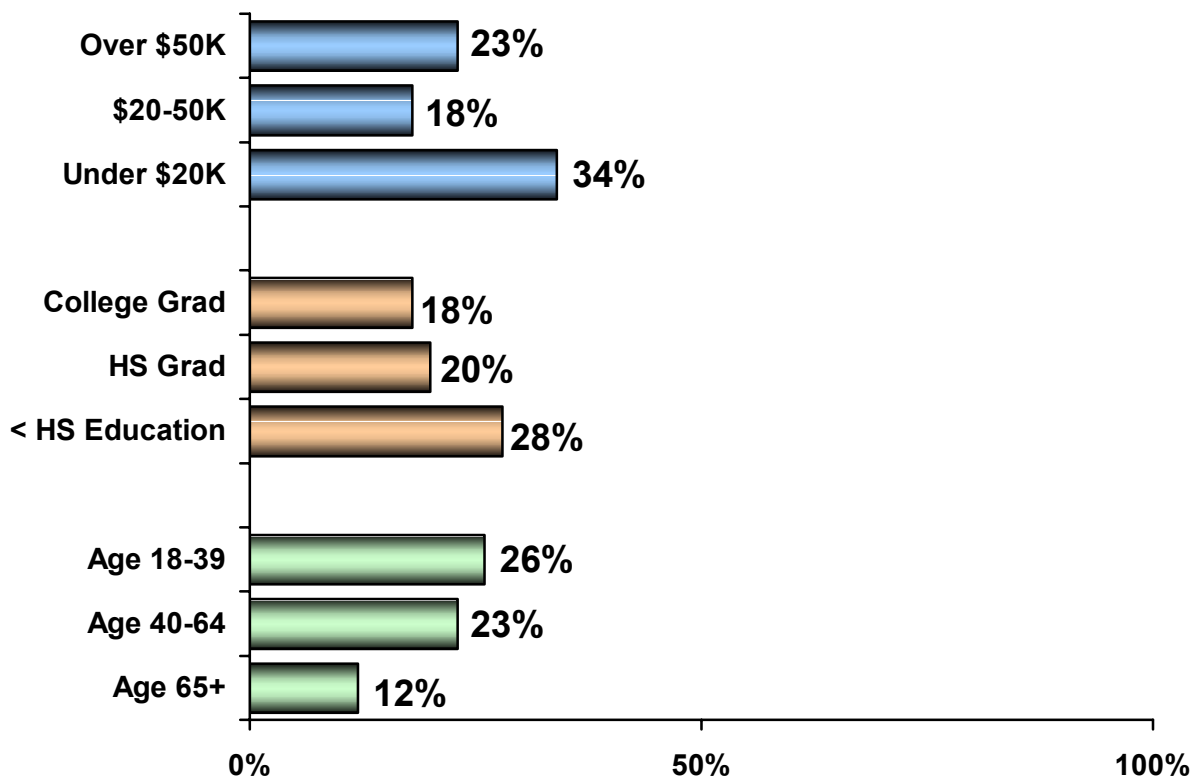
Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of “not good” mental health.

Who's At Risk in Madison County?

twenty-two percent had at least one day of poor mental health in the past month. The average Madison County adult had 2.825458308 days each month of poor mental health. People with annual household incomes of less than \$20,000 and younger people were more likely to report at least one day of poor mental health in the past month.

Reported Mental Health Not Good on One or More of the Past 30 Days



Health Care Access

The survey asked if respondents had health insurance and about barriers to getting insurance.

Health Insurance

Risk Factor Definition: Health Insurance

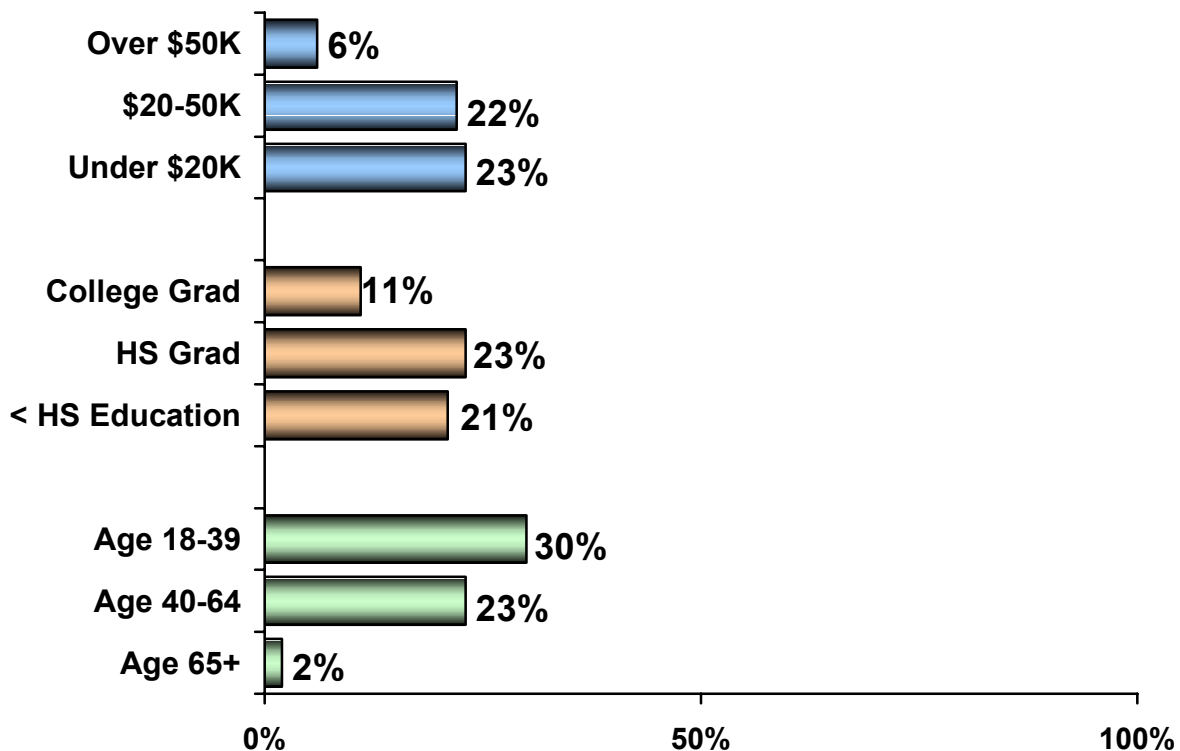
Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered “no” are considered at risk.

Who's At Risk in Madison County?

twenty-one percent said they didn't have health insurance, with younger respondents and those with less education or income less likely to be insured. Of those without insurance, 62 percent cited cost of premiums as the primary reason they didn't have coverage.

Do Not Have Health Insurance



Routine Checkup

Risk Factor Definition: Checkup

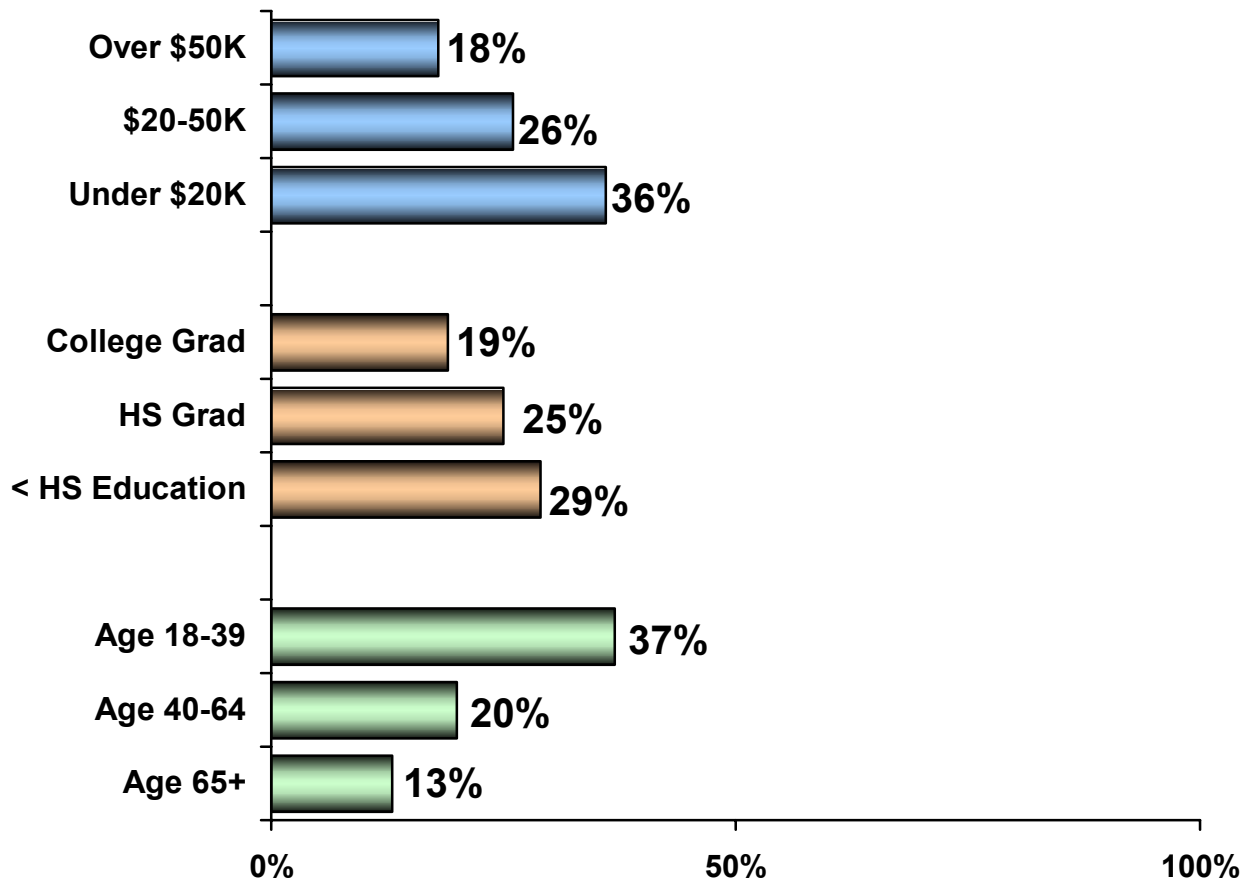
Question: About how long has it been since you last visited a doctor for a routine checkup?

At Risk: Those who reported not having a routine checkup within the past two years are considered at risk.

Who's At Risk in Madison County?

twenty-five percent said that had not seen a doctor for a routine checkup within the past two years. Younger adults and people with less income were more likely to report not having received a checkup recently.

Have Not Had a Checkup within the Past 2 Years



Cost As a Barrier to Doctor Visits

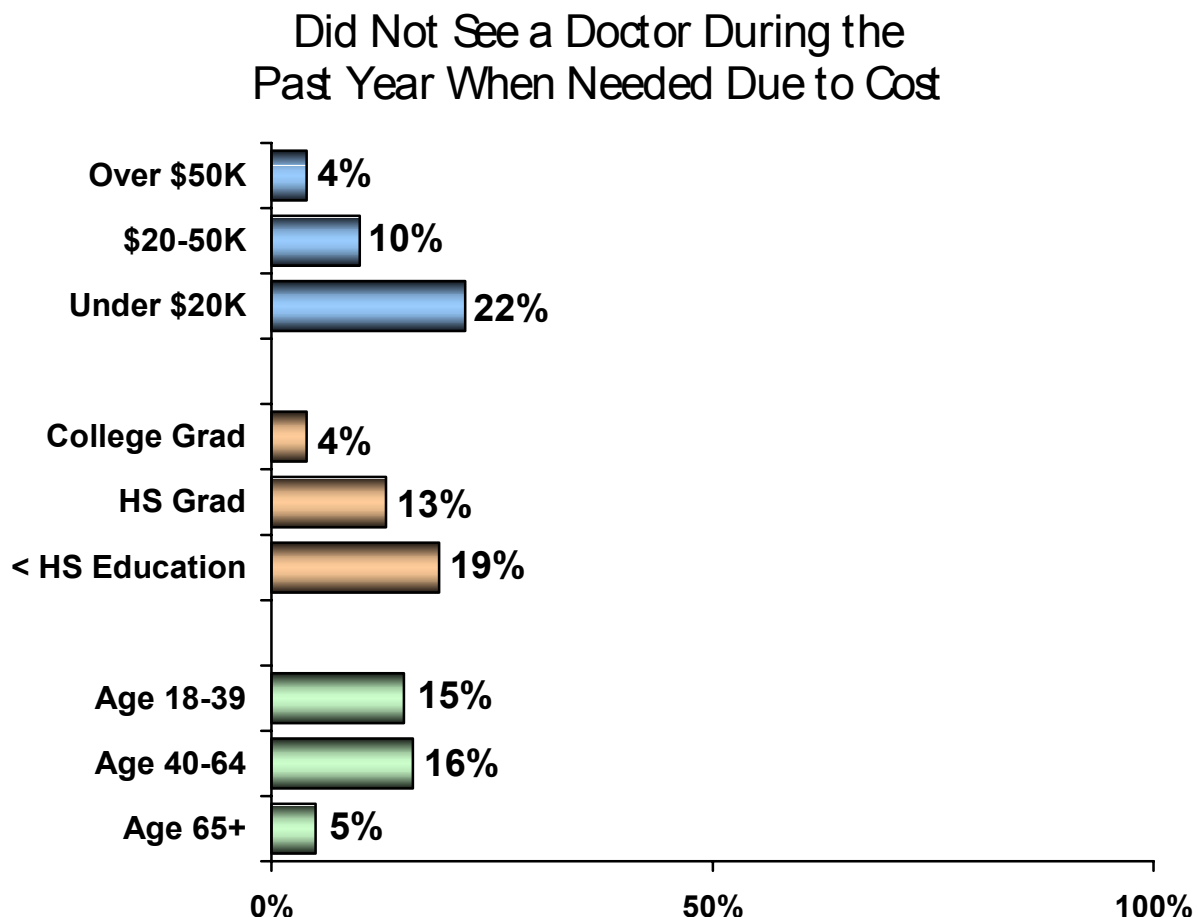
Risk Factor Definition: Lack of Medical Care

Question: Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Madison County?

thirteen percent said that they didn't go to the doctor at some time during the past year when they felt they needed to because they could not afford it. Younger people and people with less income were more likely to report not having seen a doctor when needed.



Chronic Conditions

Questions regarding specific chronic medical conditions were included in the Madison County BRFSS survey.

Diabetes

Risk Factor Definition: Have Diabetes

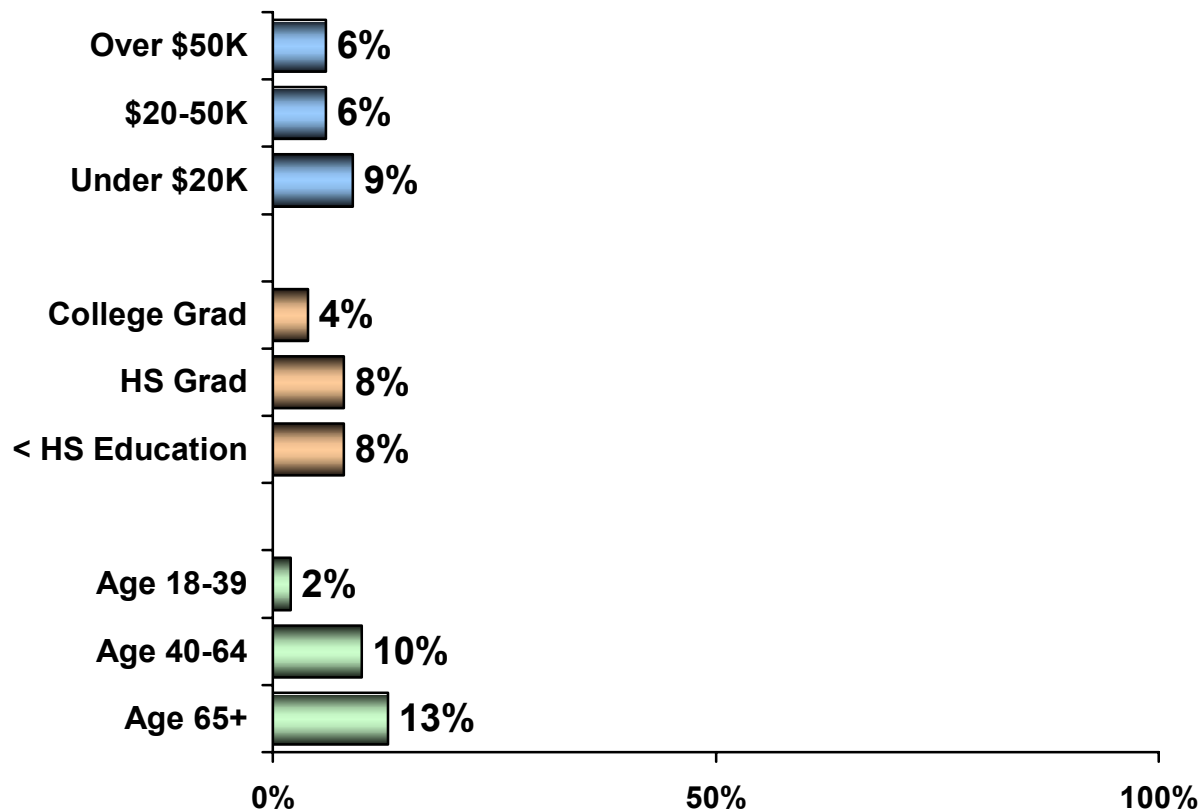
Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Madison County?

seven percent of Madison County adults have been given a diabetes diagnosis by a doctor. Older people, people with lower incomes, and those with less education were more likely to report a diabetes diagnosis than others.

Have Diabetes



Asthma

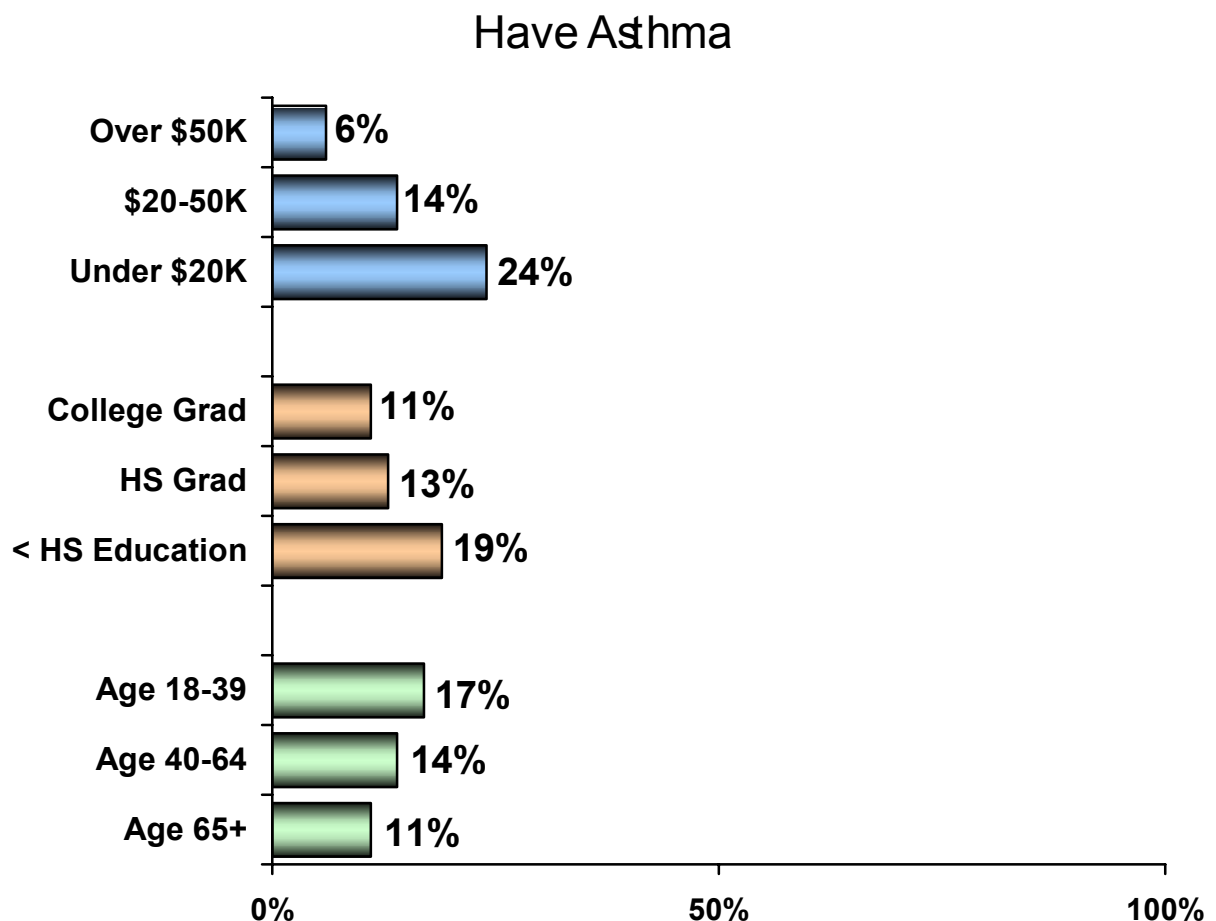
Risk Factor Definition: Have Asthma

Question: Did a doctor ever tell you that you had asthma?

At Risk: Those who said “yes” are considered at risk.

Who's At Risk in Madison County?

fourteen percent said that had been told by a doctor that they have asthma. No meaningful differences in asthma prevalence were reported between different age, income, or education levels.



Physical Activity

Questions about physical activity and exercise were asked to the Madison County BRFSS survey participants.

Risk Factor Definition: Do Not Participate in Regular and Sustained Activity

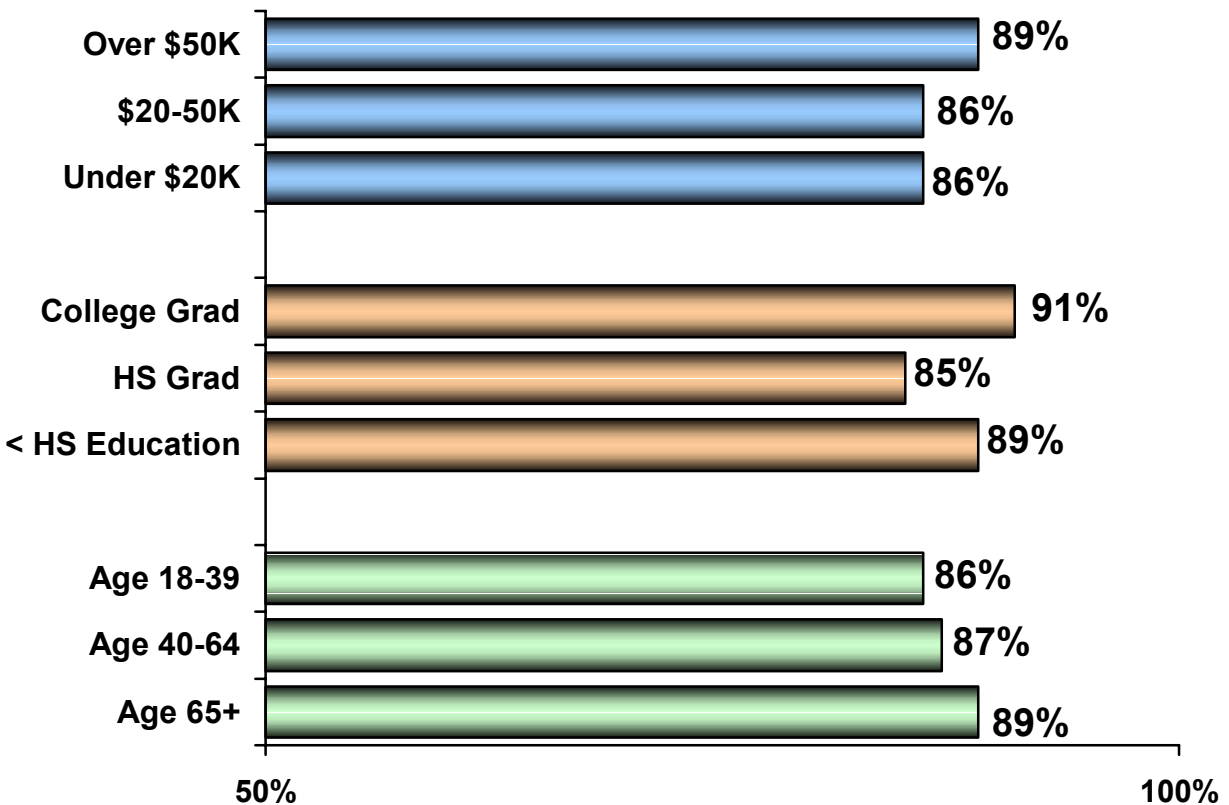
Questions: 1. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? 2. What type of physical activity or exercise did you spend the most time doing during the past month? -and- 3. How many times per week or per month did you take part in this activity during the past month?

At Risk: Those who do not participate in physical activity on a regular and sustained basis are at risk.

Who's At Risk in Madison County?

eighty-seven percent of Madison County's adult residents did not participate in regular and sustained physical activity during the past month. People with more education were more likely to get regular exercise.

Do Not Participate in Regular & Sustained Exercise



Care Giving

Participants were asked if during the previous month they had provided regular care or assistance to a family member or friend who is 60 or older.

Providing Care

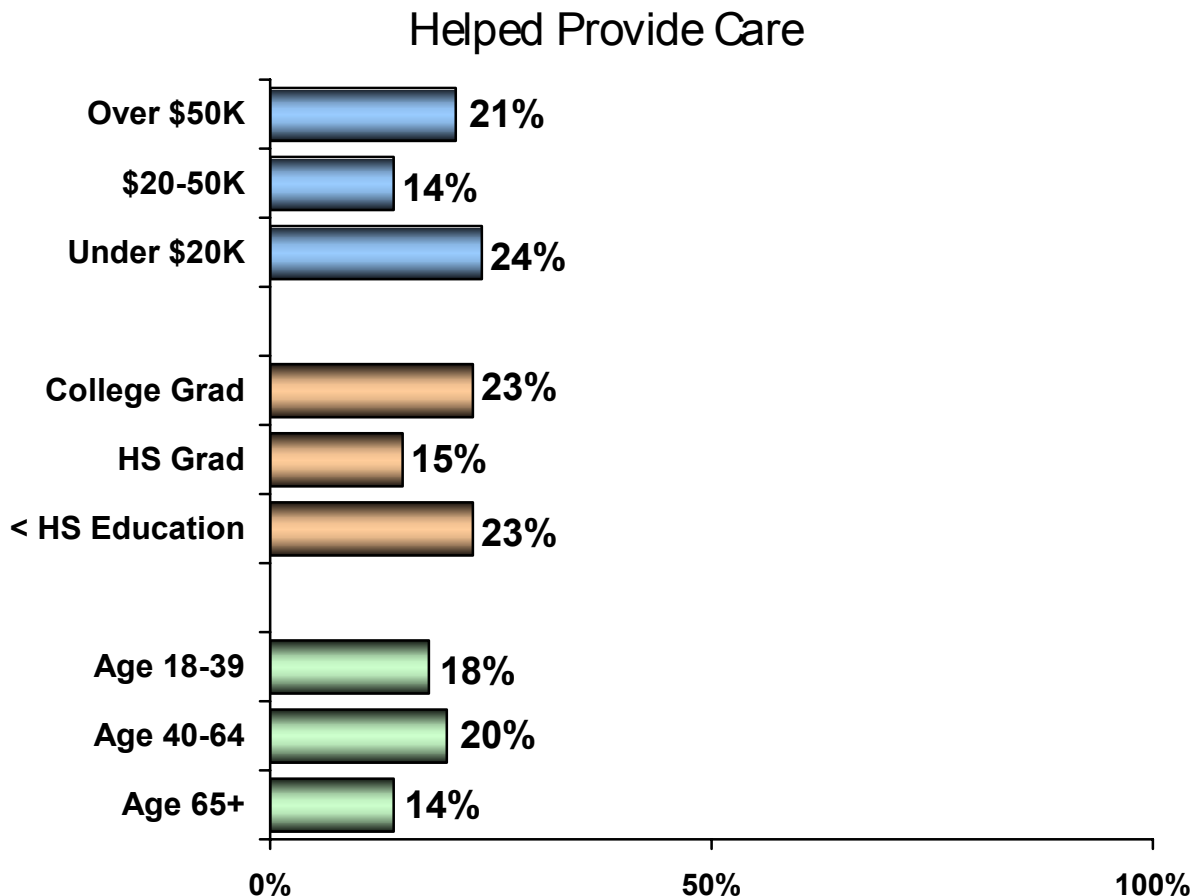
Risk Factor Definition: Providing Special Care

Question: There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?

At Risk: Those who answered “yes” are considered at risk for being called upon to provide long term care for an older adult.

Who's At Risk in Madison County?

eighteen percent said that they had provided care for someone during the past month. No meaningful differences were noted between age groups, or income and educational levels.



Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, and smokeless tobacco use were asked as part of the Madison County BRFSS.

Cigarette Smoking

Risk Factor Definition: Currently Smoke Cigarettes

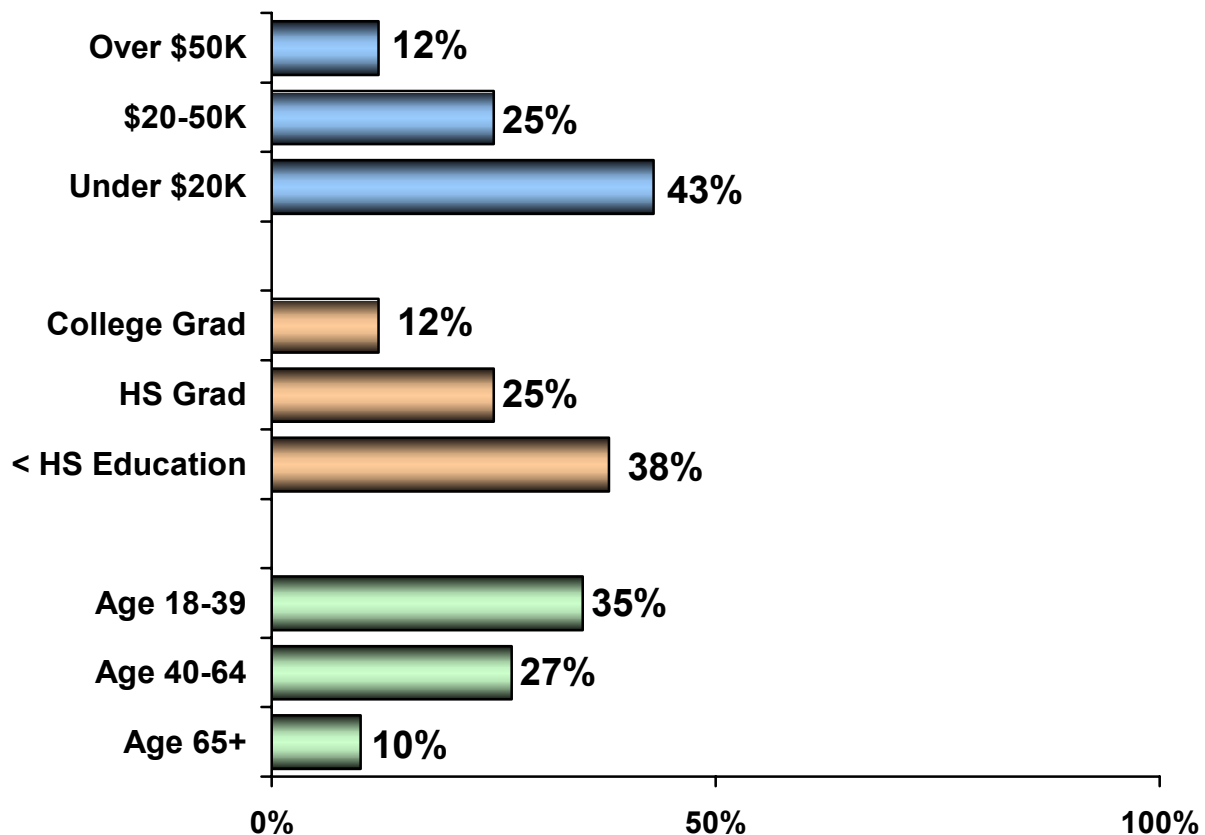
Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

Who's At Risk in Madison County?

twenty-six percent of the adults in Madison County smoked cigarettes in the past month. Younger people and people with less education or income were more likely to smoke cigarettes.

Reported Current Cigarette Smoking



Smoking Cessation

Risk Factor Definition: Smoking Cessation

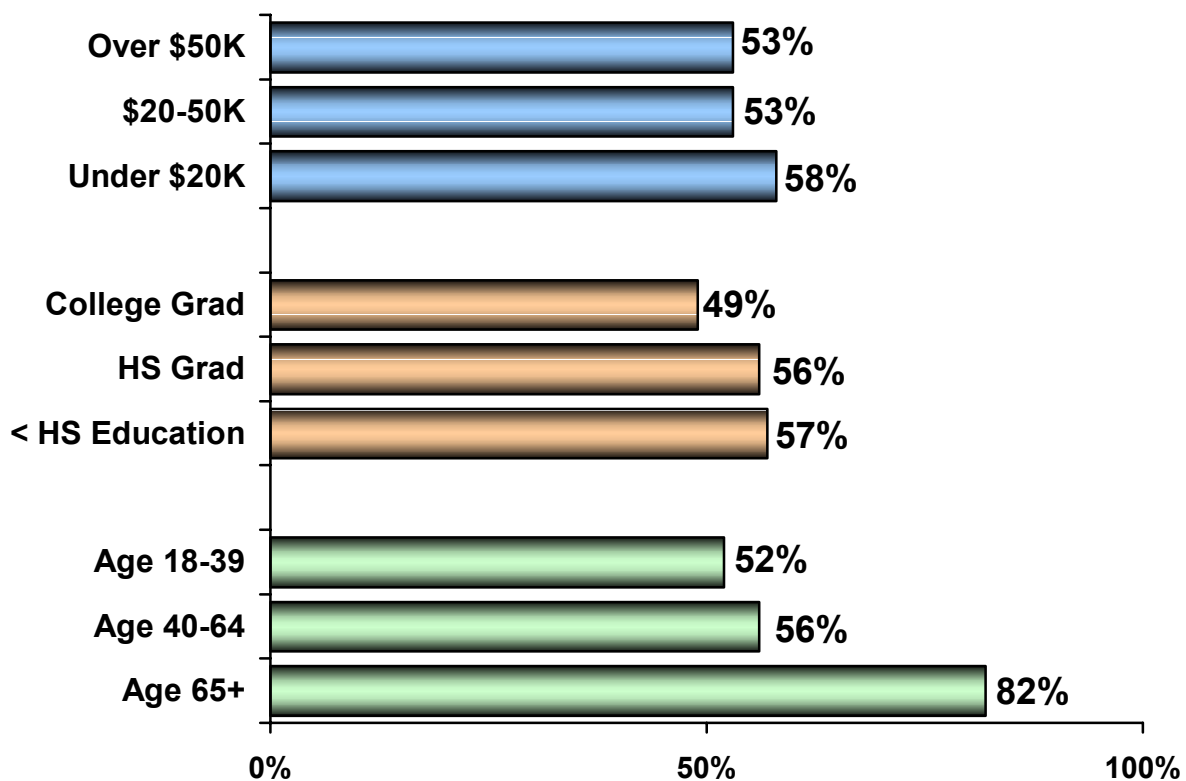
Question: During the past 12 months, have you quit smoking for one day or longer?

At Risk: **Of those who smoked in the past month**, people who answered “no” are considered at risk for continued cigarette smoking.

Who's At Risk in Madison County?

Of the current adult smokers in Madison County, 0.56 percent had quit for at least one day in the past year. Younger smokers and smokers with less education were less likely to have a smokeless day in the past year.

Made No Quit Smoking Attempts At All in the Past 12 Months



Fruit and Vegetable Consumption

Survey respondents were asked a series of questions regarding the foods that they usually eat.

Five Fruits and Vegetables a Day

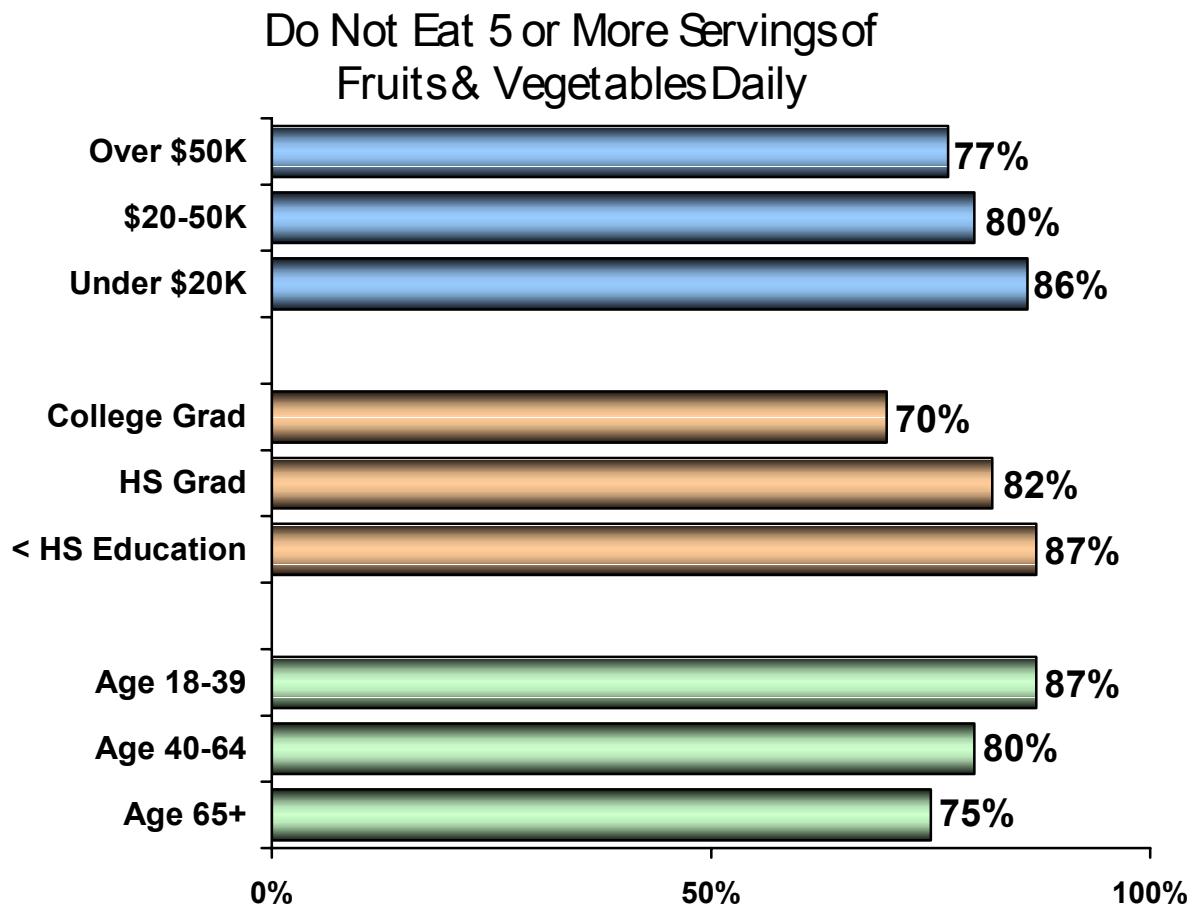
Risk Factor Definition: Five-a-Day

- Questions:
1. How often do you eat fruit?
 2. How often do you drink fruit juice?
 3. How often do you eat green salad?
 4. How often do you eat potatoes?
 5. How often do you eat carrots?
 6. How many servings of other vegetables do you usually eat?

At Risk: Those who eat less than five servings of fruits and vegetables per day are considered at risk.

Who's At Risk in Madison County?

eighty-one percent of Madison County adults are eating less than five servings of fruits and vegetables per day.



Body Weight

The Madison County BRFSS included questions about height and weight, as well as questions about weight loss and weight management.

Overweight

Risk Factor Definition: Overweight as Measured by Body Mass Index

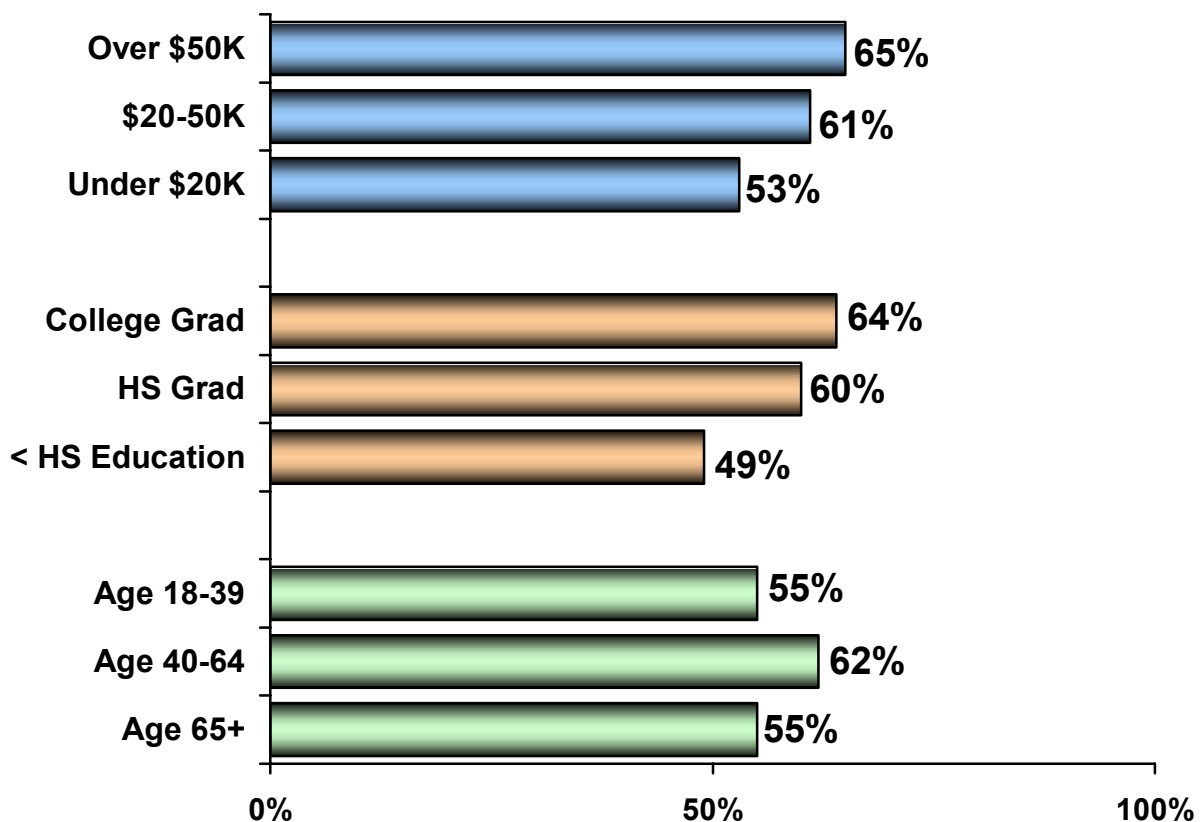
Questions: 1. How much do you weigh without shoes?
2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight. BMI is a ratio of weight to height.

Who's At Risk in Madison County?

fifty-eight percent of Madison County's adults are overweight. Younger people and those with higher incomes tended to be overweight less than others.

Were Overweight



Alcohol Consumption

Questions about alcoholic beverage consumption were asked to Madison County BRFSS respondents.

Alcohol Consumption

Risk Factor Definition: Binge Drinking

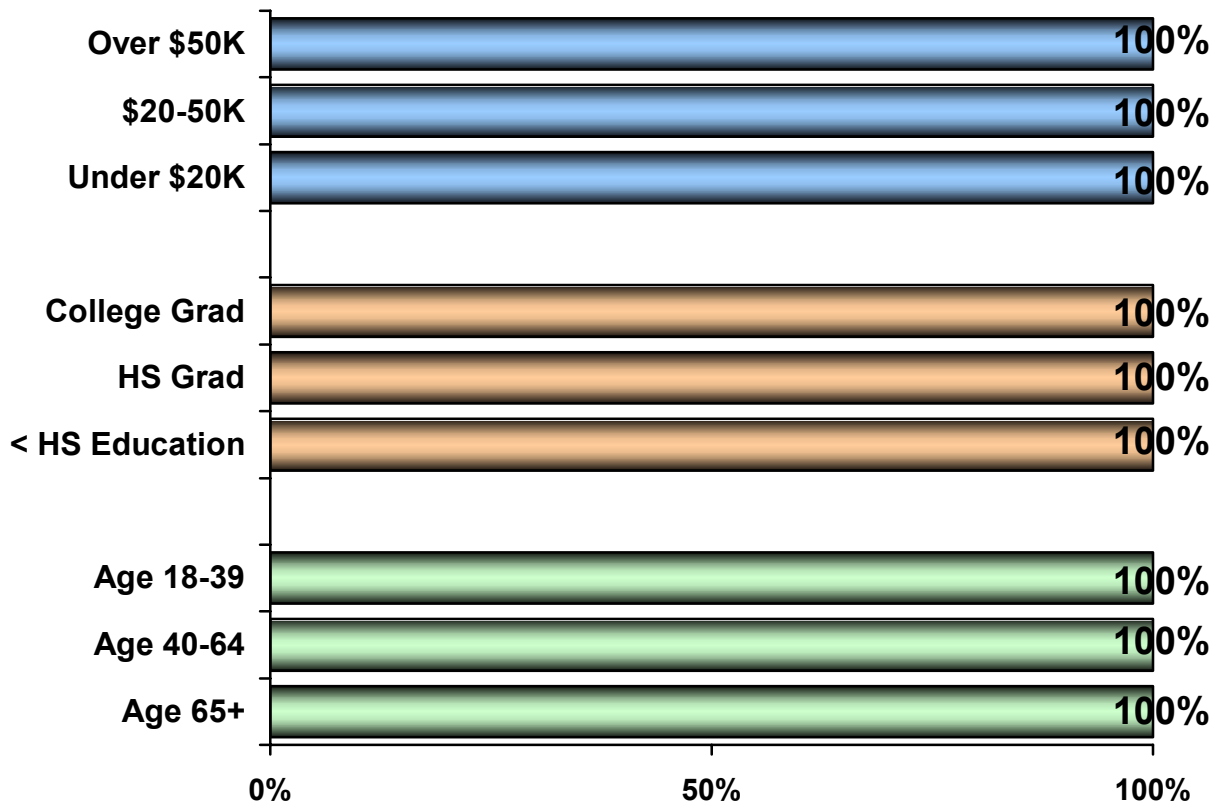
Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

Who's At Risk in Madison County?

percent of adults living in Madison County said they had had five or more drinks on at least one occasion in the past month. Younger people and people with higher incomes were more likely to report binge drinking.

Reported Binge Drinking



Activity Limitations

Survey respondents were asked about activity limitations due to health conditions.

General Activity Limitations

Risk Factor Definition: Activity Limitations

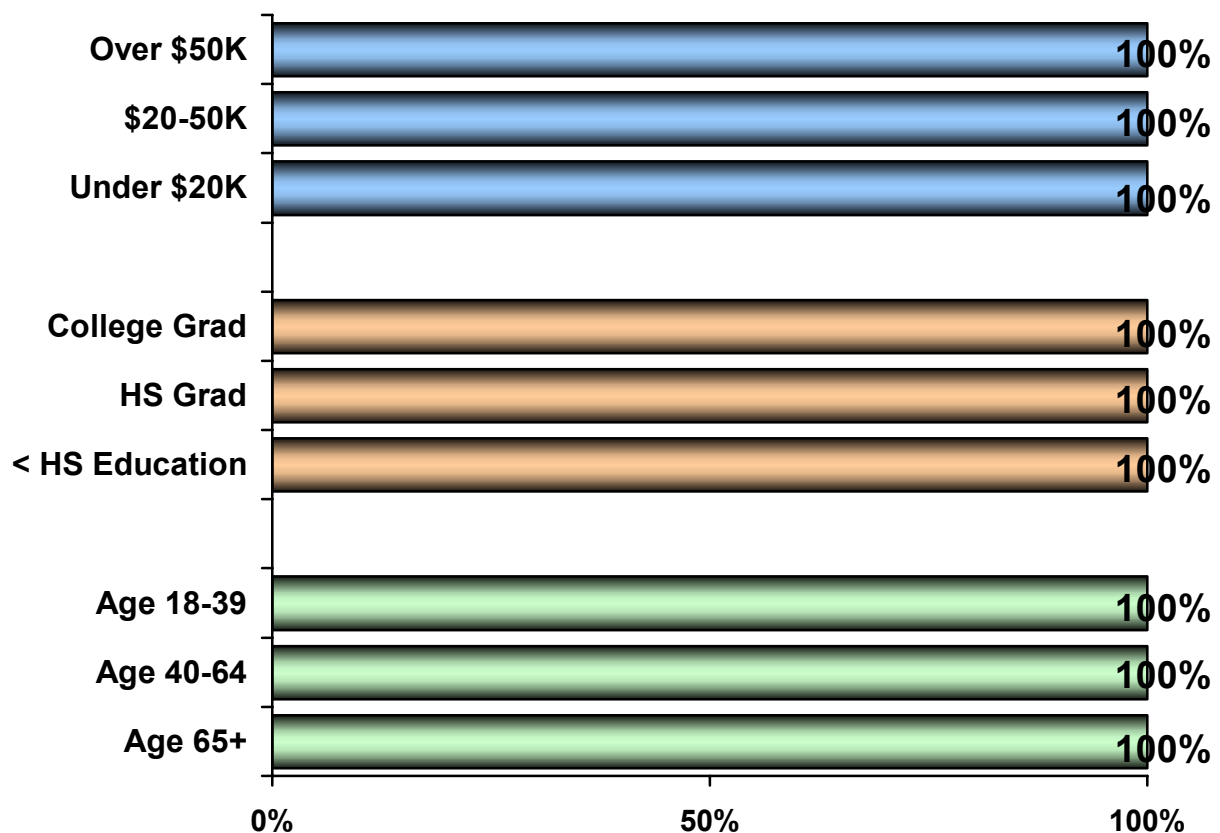
Questions: Are you limited in any way in any activities because of any impairment or health problem?

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Madison County?

one hundred percent of the adults in Madison County reported that they had some activity limitations caused by a health condition. Older respondents, people with less education, and people with less income were more likely to report activity limitations.

Activity Limitations Due to Health Problem



Quality of Life

The Madison County BRFSS included questions covering depression, anxiety, and other quality of life measures.

Depression

Risk Factor Definition: Depression

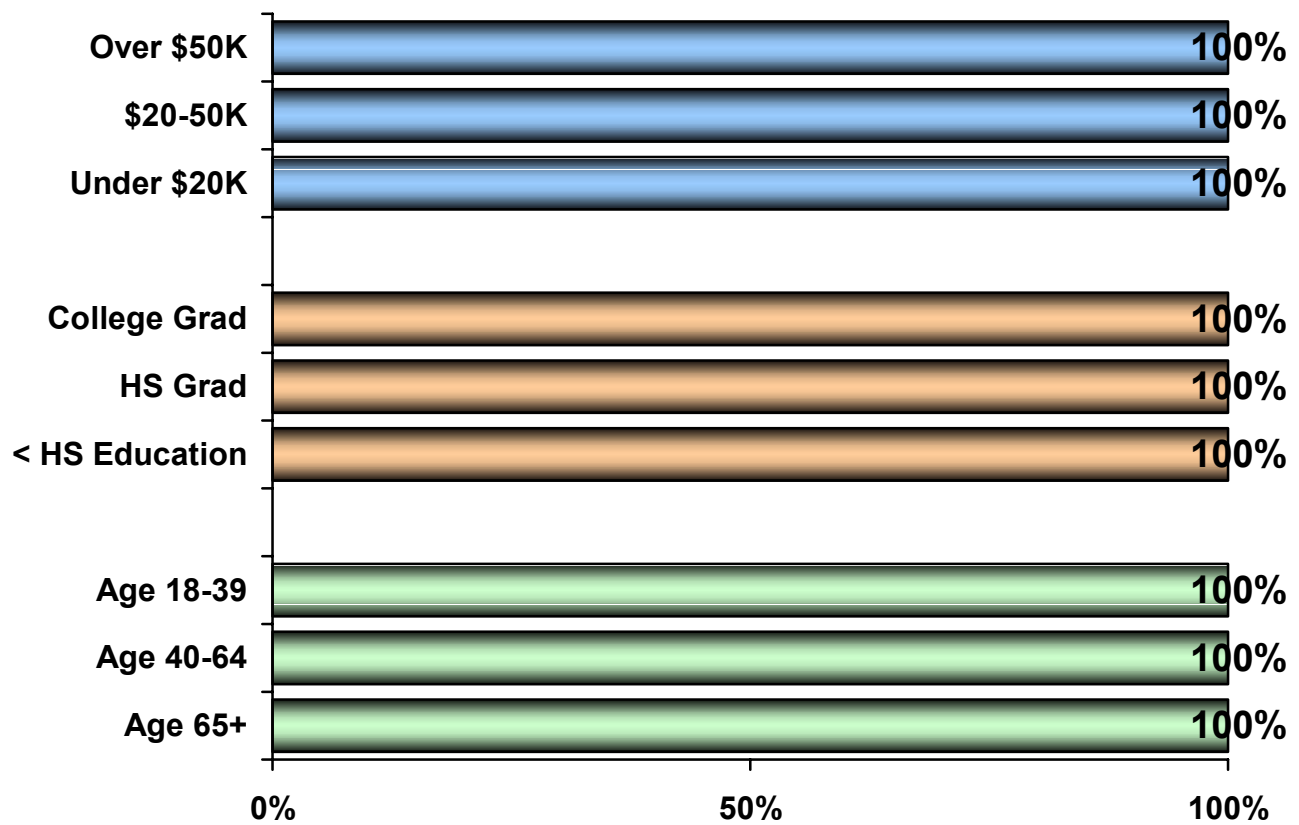
Questions: During the past 30 days, for about how many days have you felt sad, blue or depressed?

At Risk: Respondents who felt depressed for one or more of the past 30 days are considered at risk.

Who's At Risk in Madison County?

one hundred percent of the adults in Madison County were depressed on one or more days during the past month. Younger people, people with less income, and those with less education were more likely to be depressed during the past month.

Felt Depressed on One or More of the Past 30 Days



Anxiety

Risk Factor Definition: Anxiety

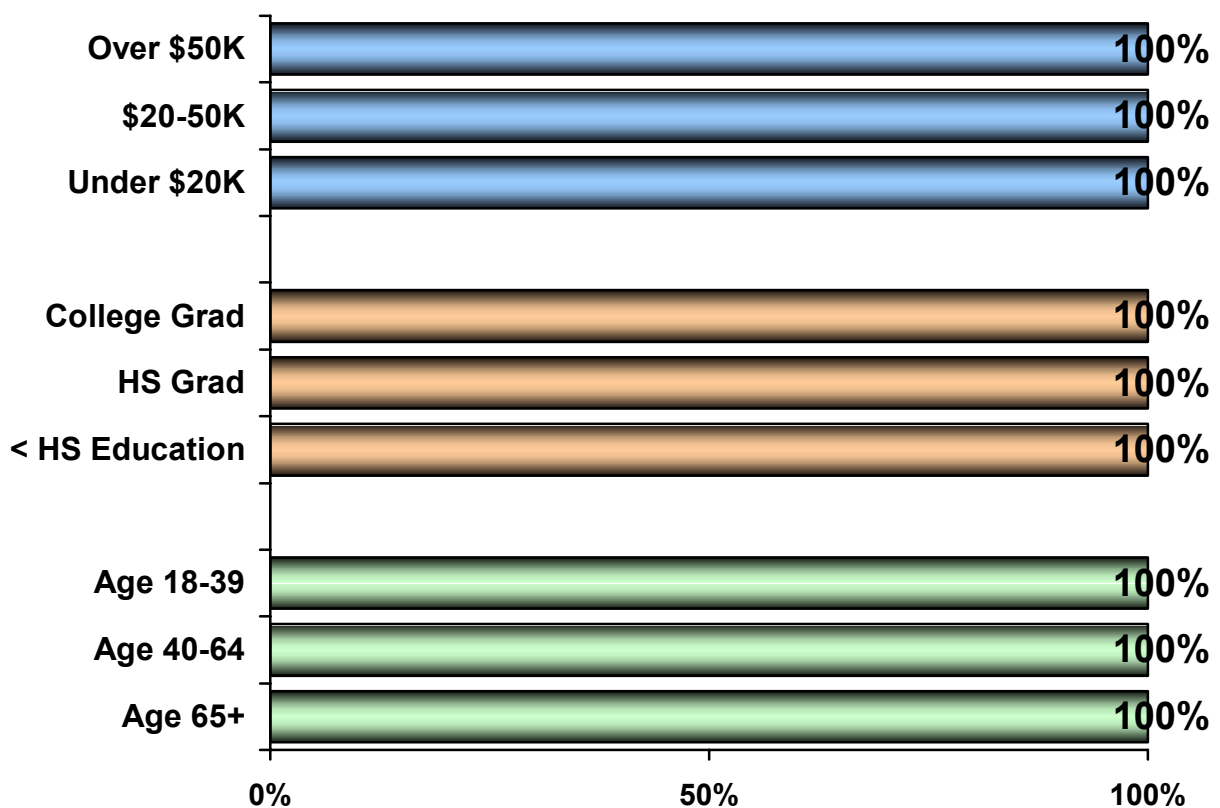
Questions: During the past 30 days, for about how many days have you felt worried, tense, or anxious?

At Risk: Respondents who felt anxious for one or more of the past 30 days are considered at risk.

Who's At Risk in Madison County?

one hundred percent said they had at least one day of the past 30 days when they felt anxious or worried. Younger respondents and those with less income were more likely to have experienced anxiety in the past month.

Felt Anxious One or More of the Past 30 Days



Sleeplessness

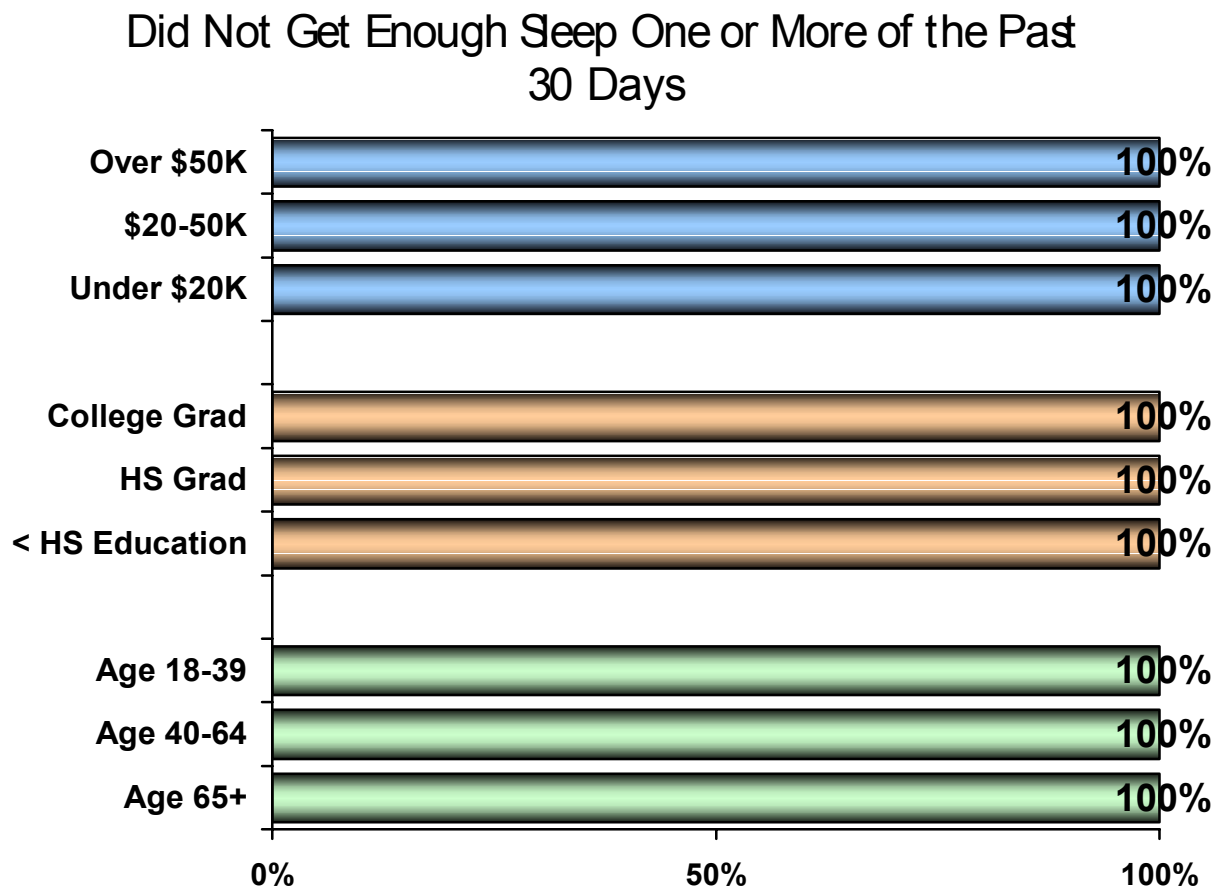
Risk Factor Definition: Sleeplessness

Questions: During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

At Risk: Respondents who felt they got inadequate sleep for one or more of the past 30 days are considered at risk.

Who's At Risk in Madison County?

one hundred percent of Madison County's adults got inadequate sleep for at least one night during the past 30 days. People with higher income, those with more education, and younger people reported sleepless nights more often than others.

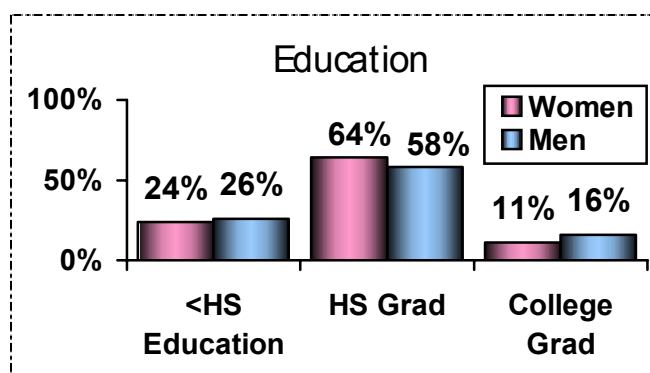
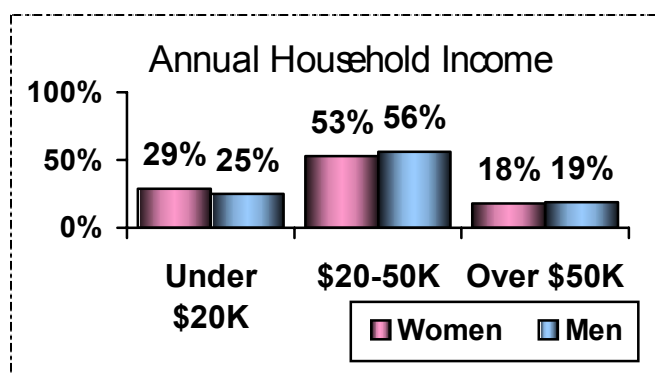


Women's Health & Risk Factor

Women's Health and the Madison County BRFSS

Madison County BRFSS Survey Women's Demographics

Total Number of People Surveyed		
Male	Female	Total Surveyed
326	475	801



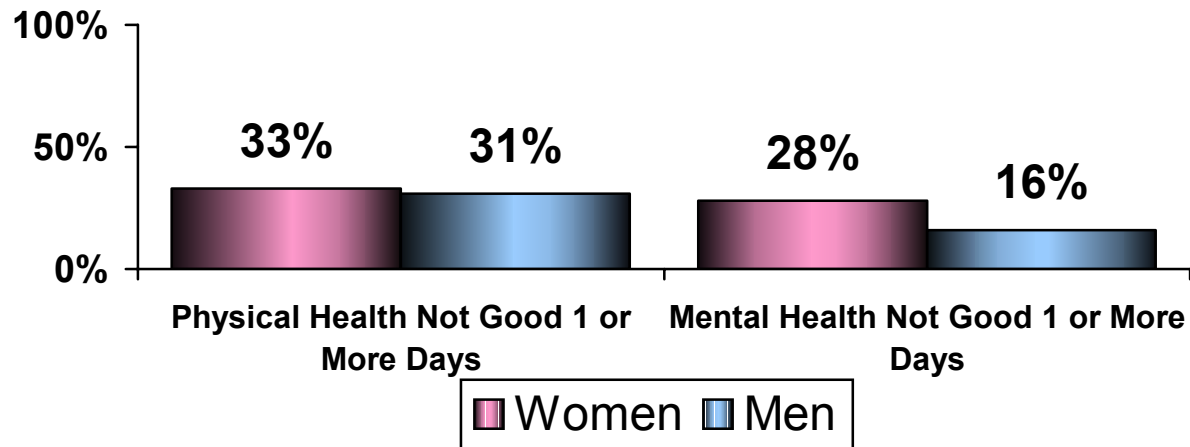
Breast and Cervical Cancer

In addition to the standard BRFSS questions, the Madison County survey included special questions about women's health issues. These additional questions were supported by the Arkansas Department of Health's BreastCare program and the Little Rock affiliate of the Susan G. Komen Foundation. BreastCare was created by the Arkansas General Assembly in 1997 to provide education about breast cancer to all Arkansas women and offers free breast cancer screenings and diagnostic and treatment services for women who meet eligibility requirements. Women are encouraged to call free 1-877-670-CARE (2273) to determine if they qualify for free services from BreastCare. The Susan G. Komen Foundation's mission is to eradicate breast cancer as a life threatening disease by advancing research, education, screening, and treatment. The questions were designed to determine women's awareness of things they can do to aid in the early detection of breast cancer.

Women & Behavioral Risk Factors

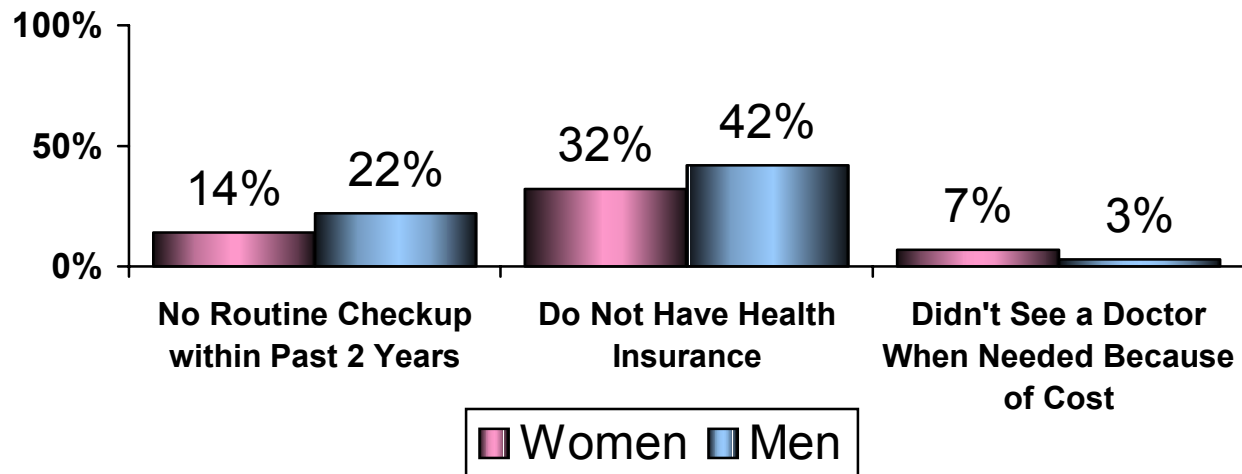
Women's health concerns more than just breast care and reproductive health. Disparities between women's and men's health exist among various risk factors. Specific health issues that were investigated in conjunction with women's health concerns in Madison County include self-reported perceptions of health, utilization of preventative health care and health screenings, personal risk behaviors, and care giving.

Risk Factors-Perceptions of Health

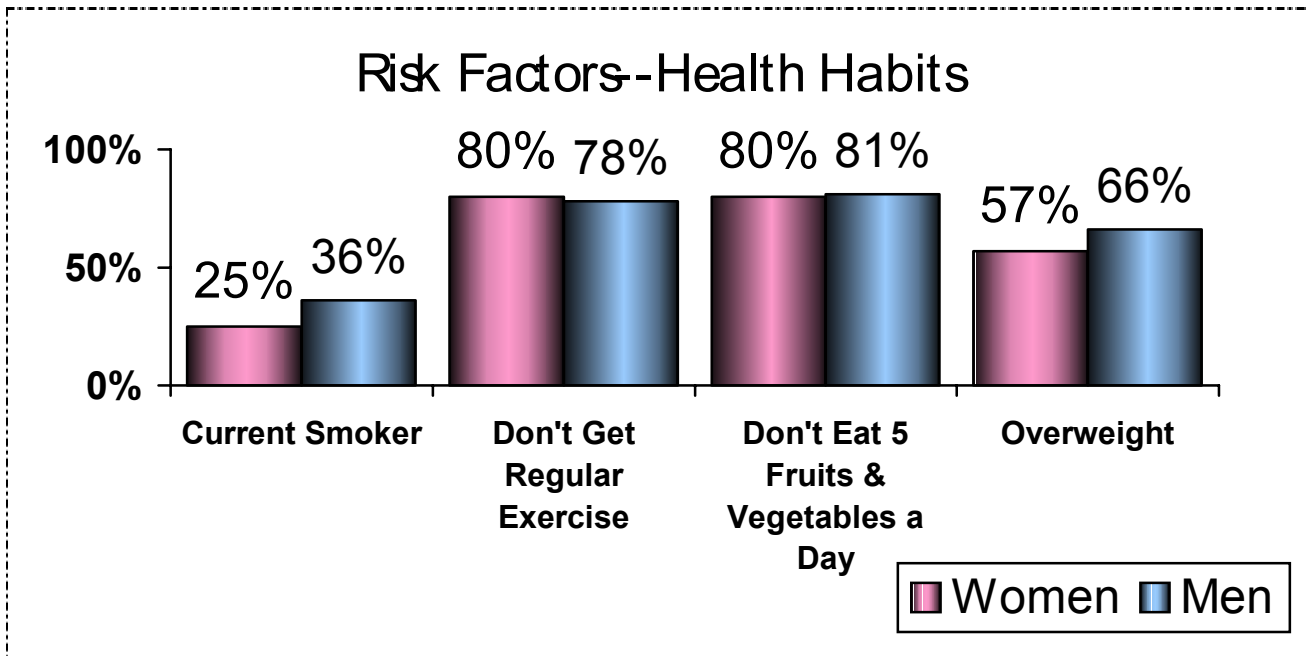


Women were more likely than men to report that their physical health and their mental health had been “not good” on one or more days during the past month. Women had an average of days in the previous month that they reported feeling worried or anxious compared to anxious or tense days for men. However, men reported an average of days of feeling sad or blue in the past month compared to an average of days for women.

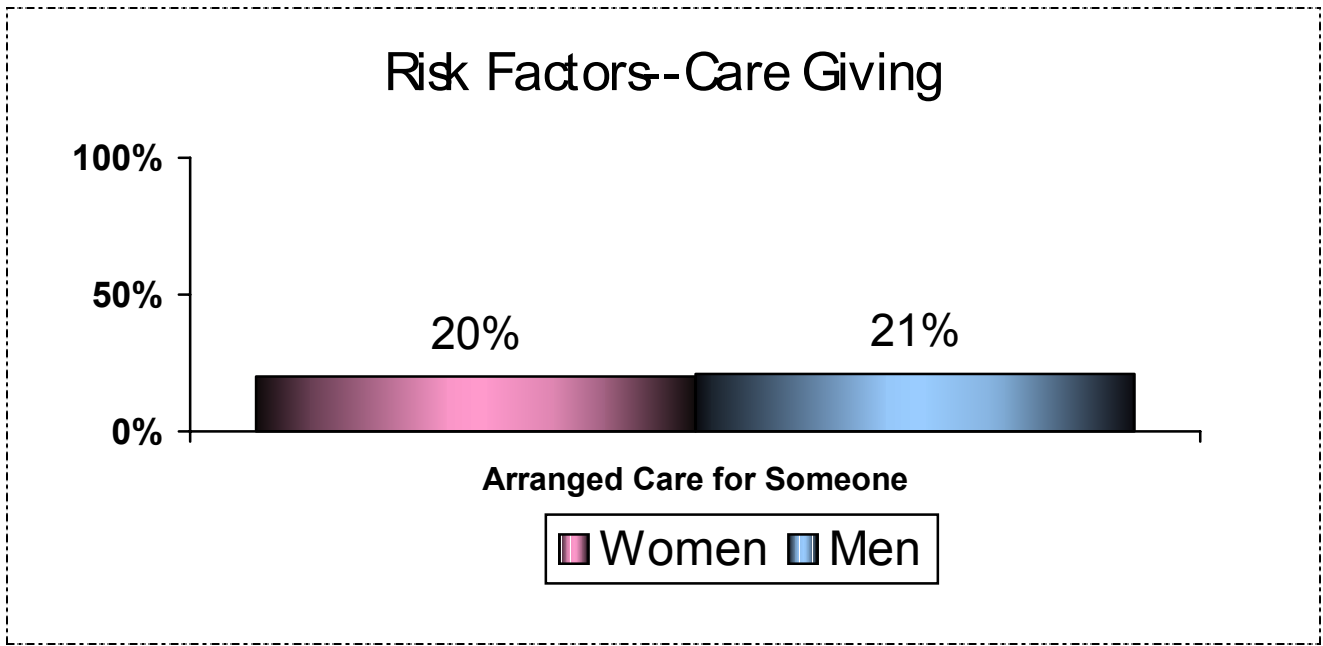
Risk Factors-Health Care



While Madison County women were more likely to have health insurance than men, women more often reported that they had not seen a doctor when they needed to because of cost. However, women were more likely to get routine checkups than men.



Madison County men were more likely than Madison County women to be smokers and to be overweight, but more likely to get regular exercise. 54.33970985 percent of women who were overweight said they were trying to loose weight. However, 15.54159676 percent of the women who were not overweight are also trying to lose weight.



0.22 percent of Madison County women had provided regular care or assistance to an elderly or disabled family member or friend.

Breast Cancer Screening and Knowledge

Women were asked when they had their last mammogram.

Mammography-Women 40 and Older

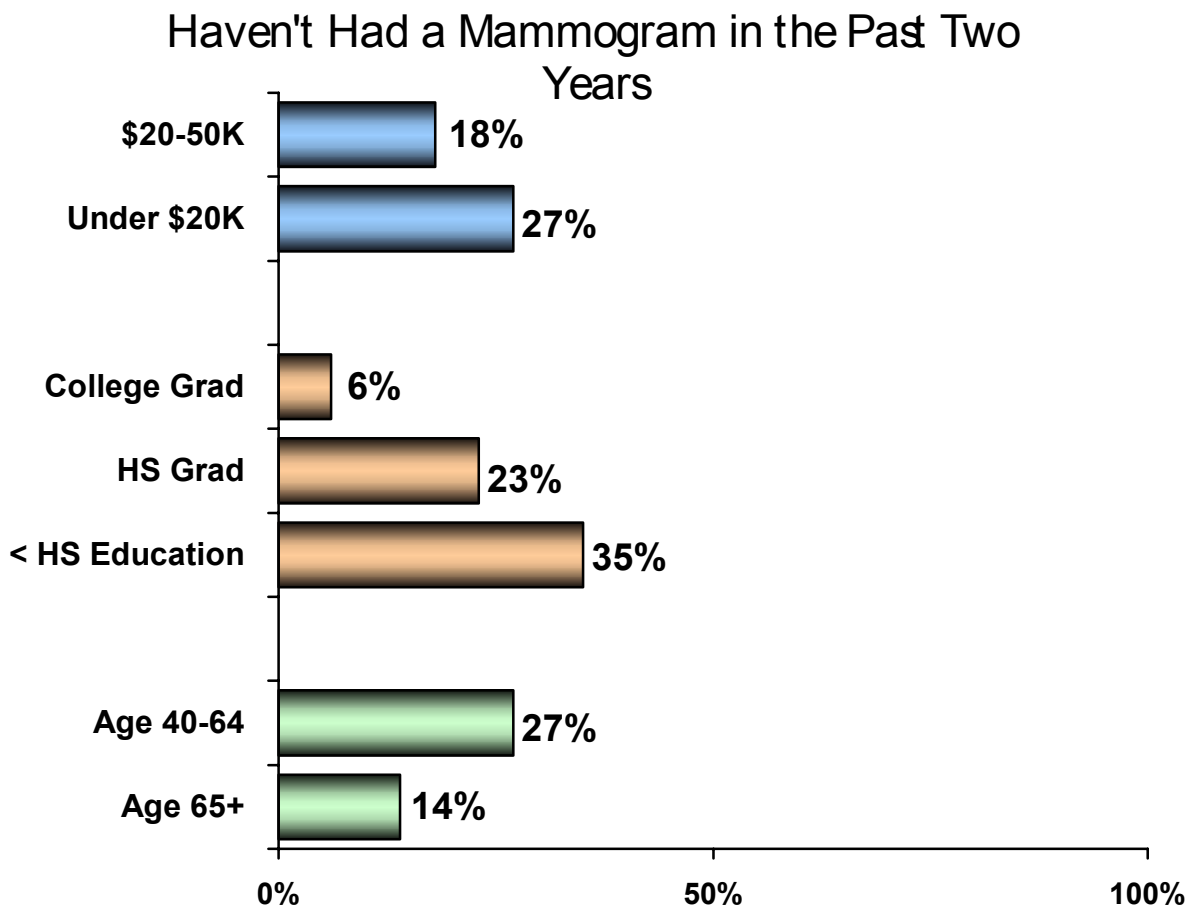
Risk Factor Definition: Mammograms

Question: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
How long has it been since your last mammogram?

At Risk: Women 40 and older who haven't had a mammogram in the past two years are considered at risk.

Who's At Risk in Madison County?

forty-one percent of women 40 and older had not had a mammogram within the past year. Lower income women were more likely to report not receiving the screening within the past two years.



Knowledge of Breast Care

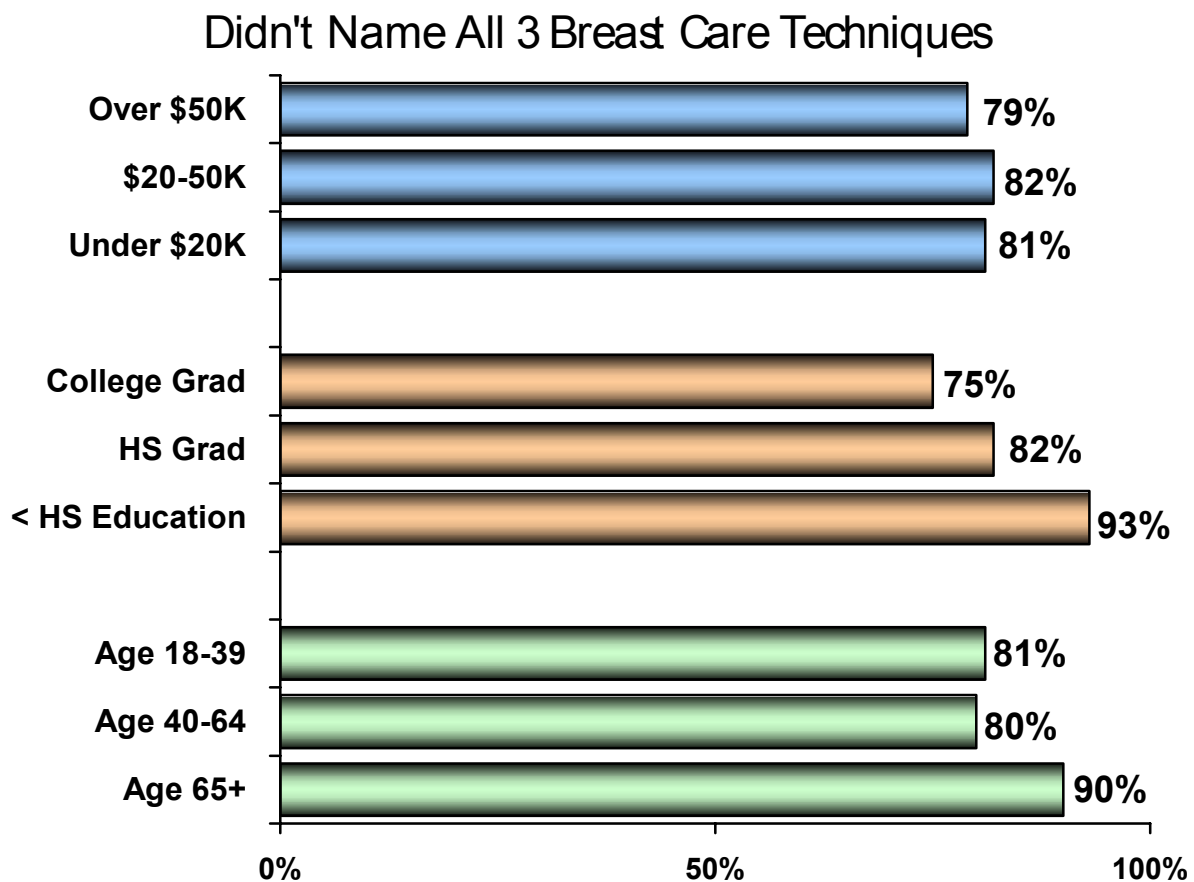
Risk Factor Definition: Knowledge of Breast Care Techniques

Question: What types of things can women do to help in the early detection of breast cancer?
Is there anything else women can do to help in the early detection of breast cancer?

At Risk: Women who did not name all three breast care techniques—mammogram, self-breast exams, and a yearly clinical breast exam by a health care professional—are considered at risk.

Who's At Risk in Madison County?

ninety-one percent of adult women in Madison County did not name all three breast care techniques.



Other Women's Health Screening

Pap Smear

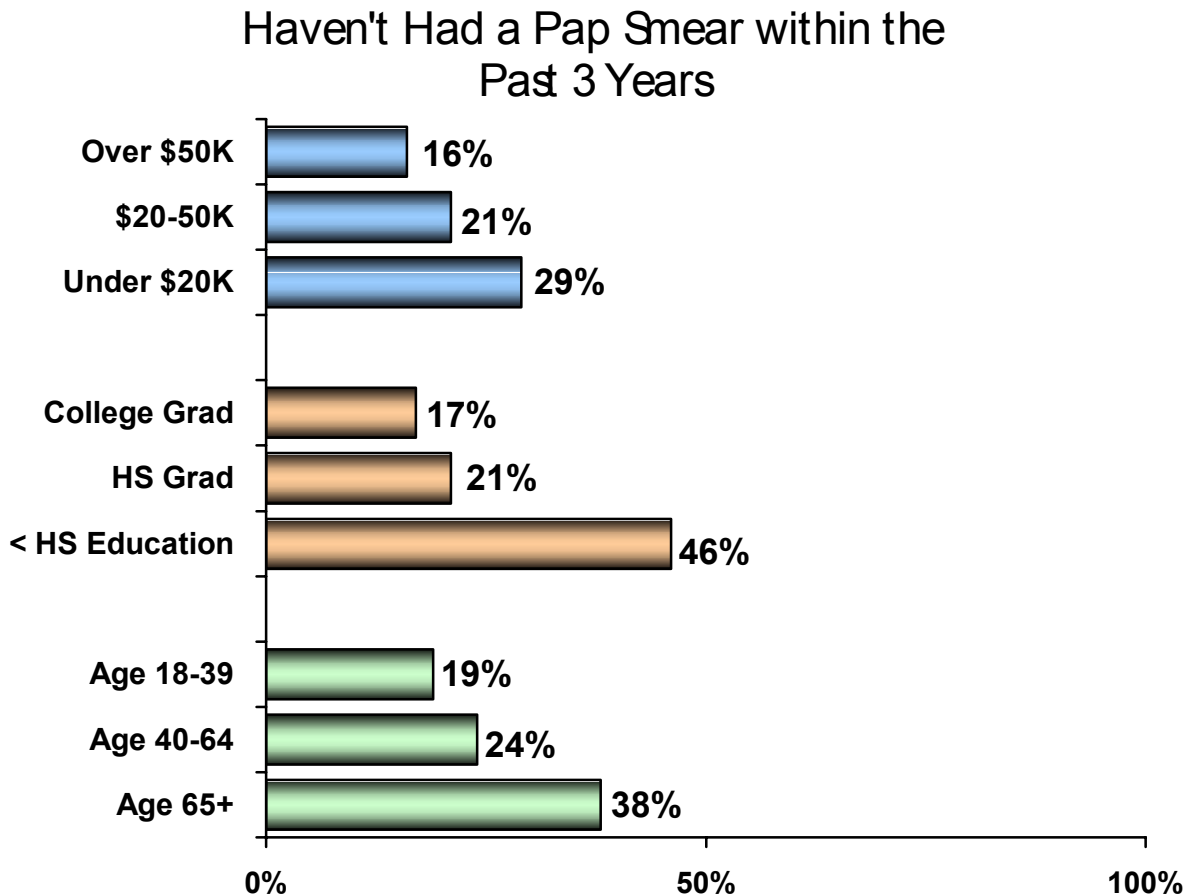
Risk Factor Definition: Pap Smear

Question: A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
How long has it been since your last Pap smear?

At Risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

Who's At Risk in Madison County?

twenty-seven percent of Madison County adult women had not had a Pap smear within the past three years. Women with lower incomes, older women, and women with less education were more likely to not have had this screening test.

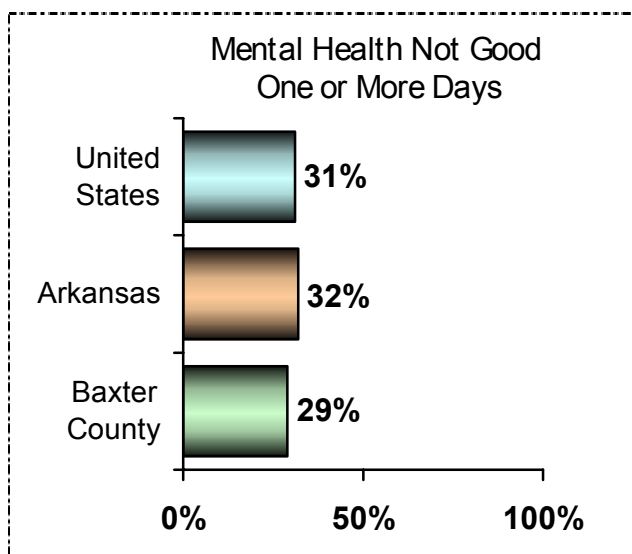
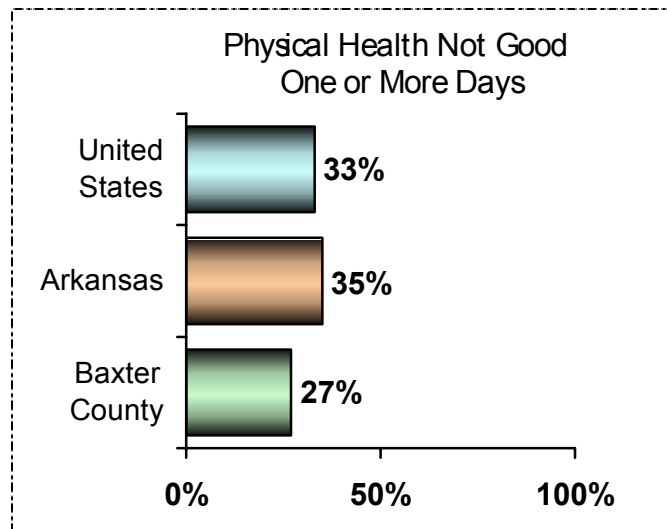
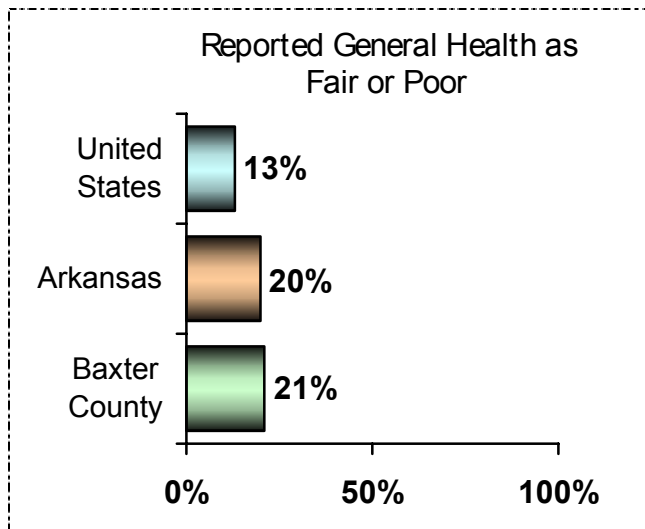


Madison County, Arkansas, and United States BRFSS Data Compared

How Does Madison County Compare?

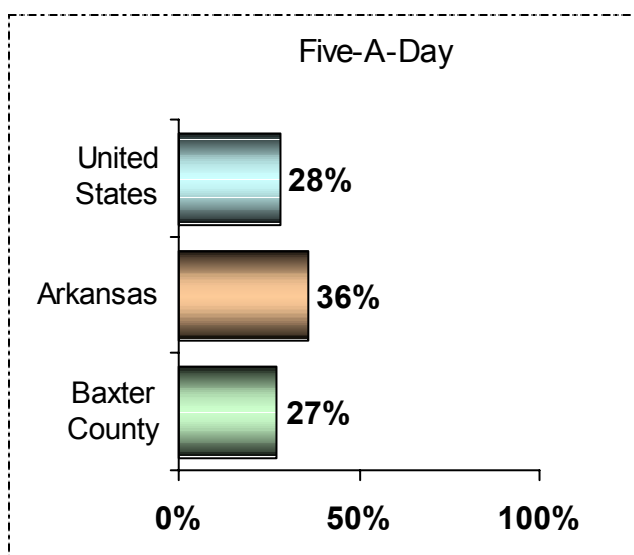
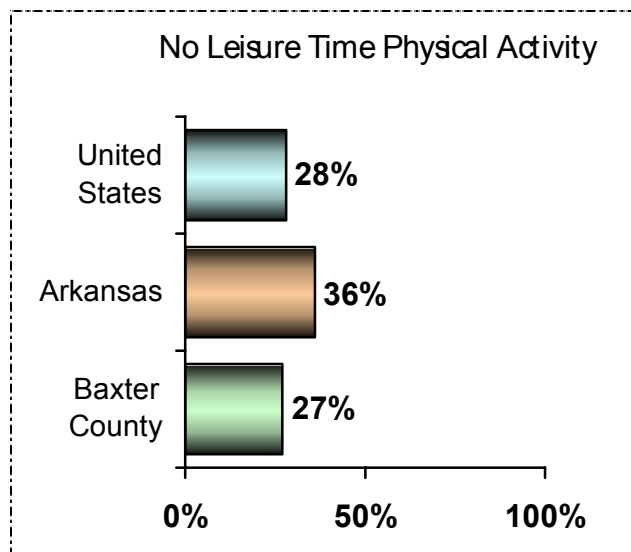
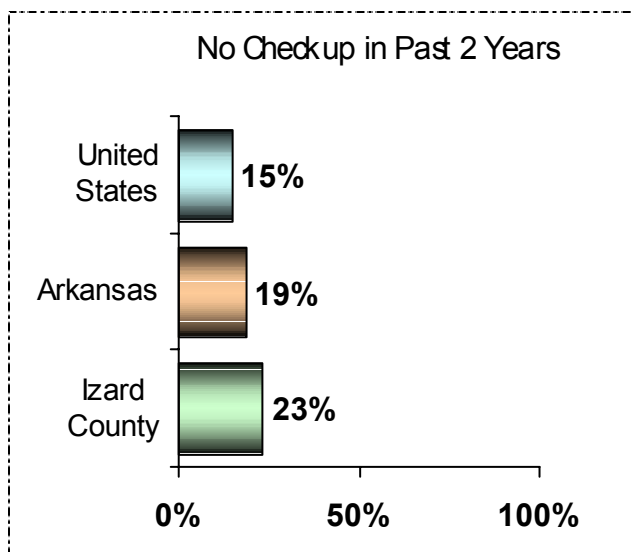
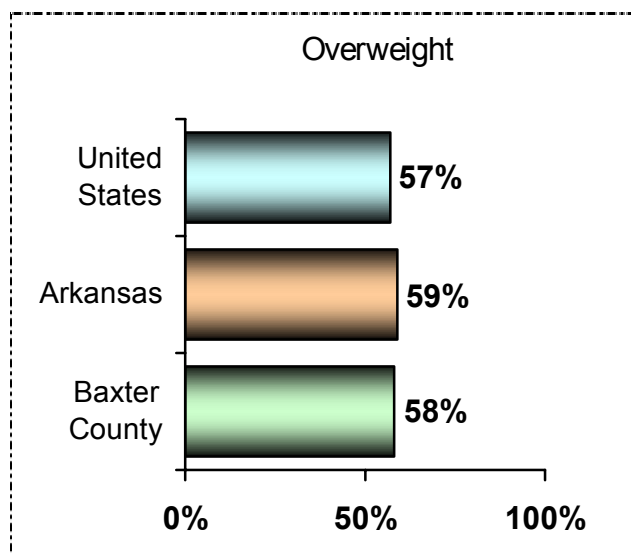
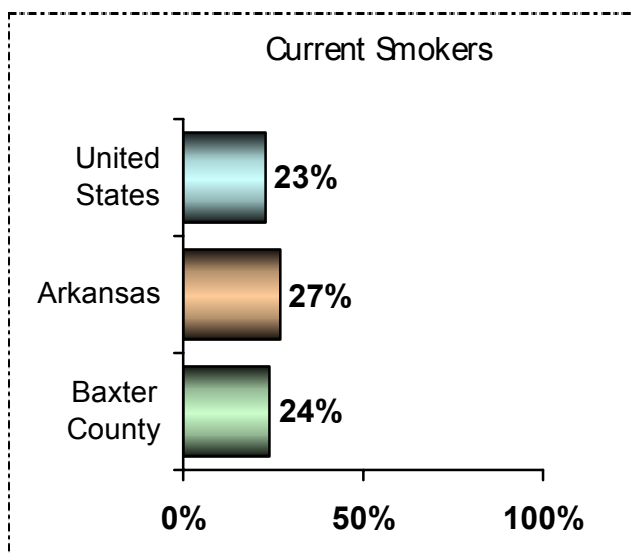
In order to determine Madison County's adult health strengths and weaknesses, its BRFSS data was compared to state and nationwide data from the 2000 BRFSS.

Health Status



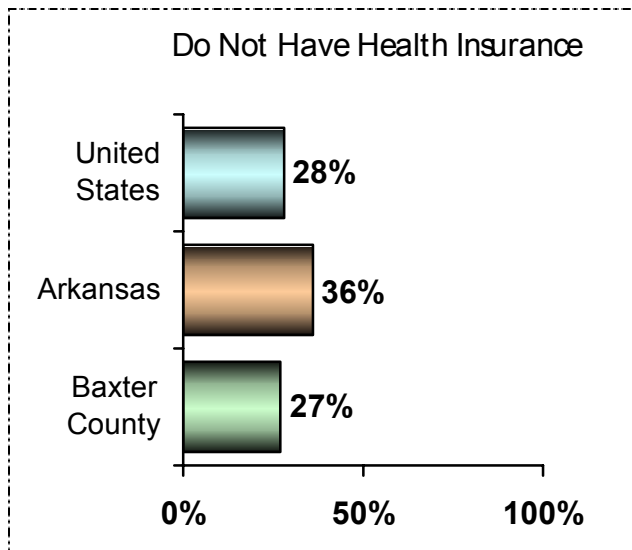
While Madison County adults reported their general health to be fair or poor more often than the rest of the nation, fewer of them reported their physical health was not good one or more days, and slightly less reported "not good" mental health on one or more days during the past month.

Health Habits

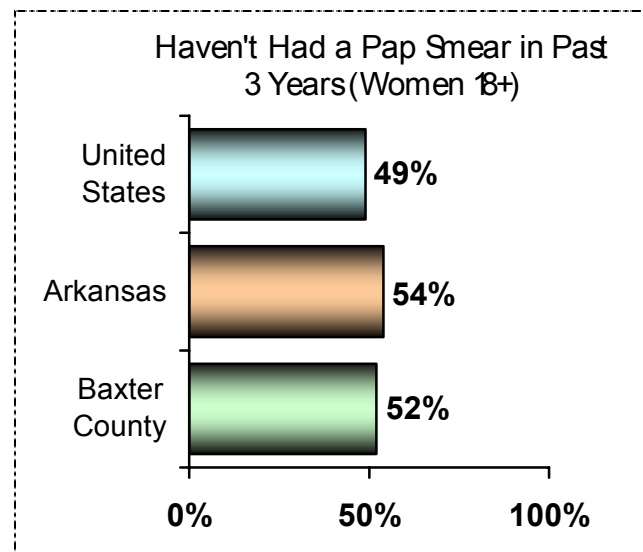
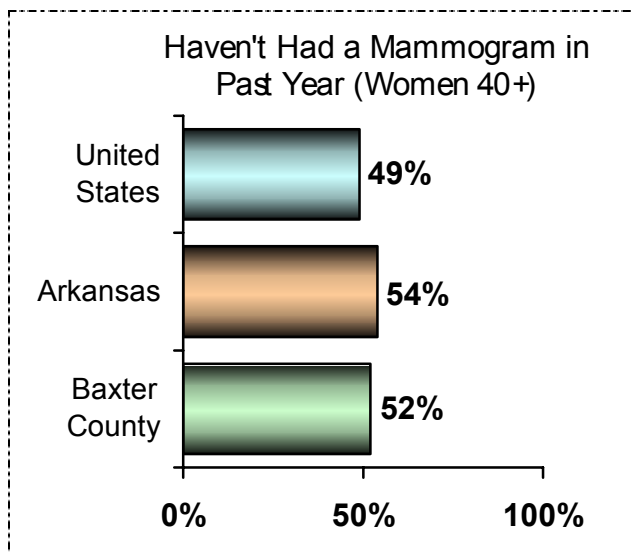


County's numbers are typically closer to the national prevalence figures than to Arkansas'.

Health Care Access and Routine Health Screenings



Baxter County has a high percentage of uninsured adults.



Appendix

